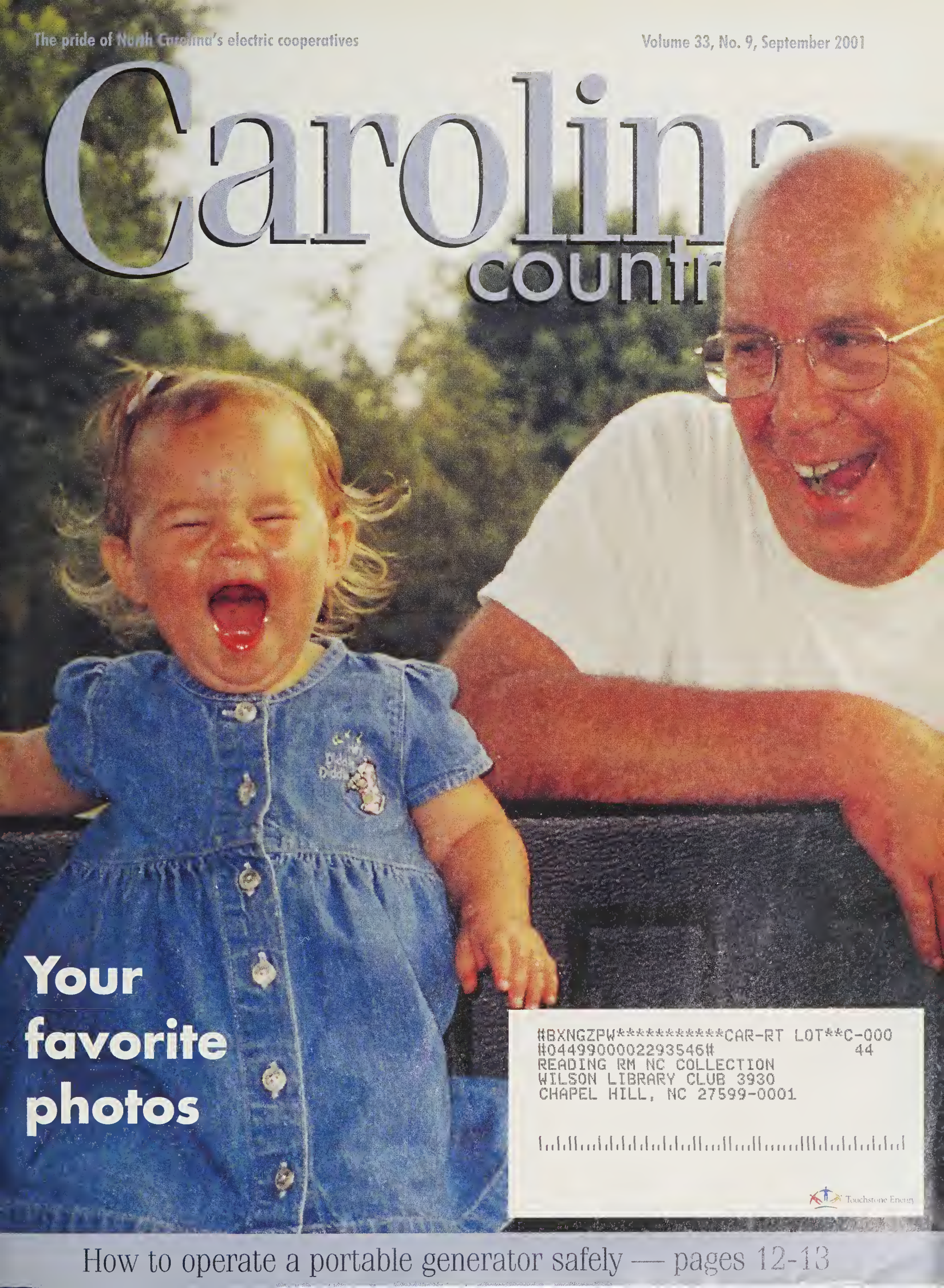
The pride of North Carolina's electric cooperatives

Volume 33, No. 9, September 2001

Carolina country



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How to operate a portable generator safely — pages 12-13

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(By Frank K. Wood)

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"Roaches!"

I HAD THEM BY THE HUNDREDS, BUT NOW I DON'T HAVE A SINGLE ROACH.

(By J. Robson)

Have you ever seen a roach run out of a bowl as you were about to put food in it? Well, I have. Just turn out the lights and an army of roaches would attack the whole house.

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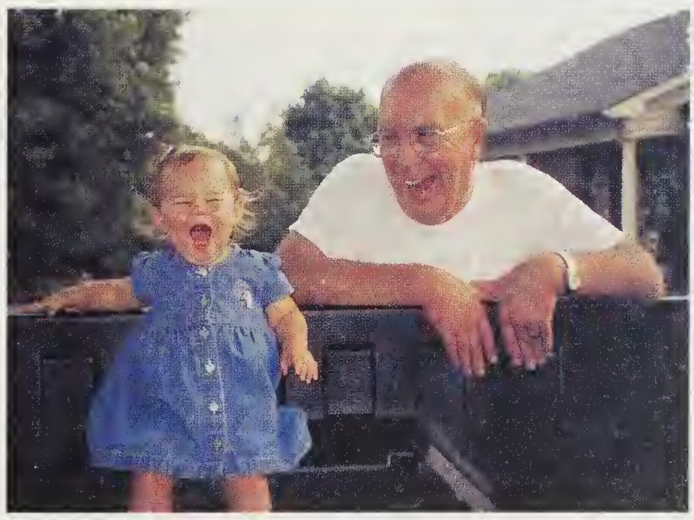

On the Cover

"Letting off steam." Granddaddy (Edward Haigh) lets off steam with his granddaughter (Bailey Maltba) after a week's hard work. The photographer, Nancy Haigh, says, "What better therapy could there be?" They are Blue Ridge EMC members who live in Hudson. See more of your photos on pages 18-21.

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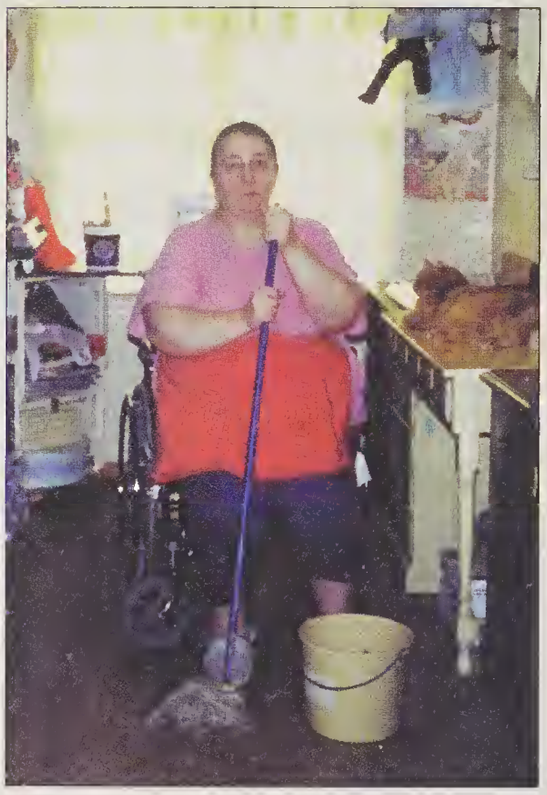
Mopping for Mrs. Vess

I still remember real well the first job I had growing up. Our neighbor, who was the nicest lady, hired me to mop for her each Saturday morning. It was a pleasure to get to mop someone else's floor and get paid, too. It took me around an hour, and I made $1.50. That was a lot of money to me back then. I thought I was practically a millionaire. It bought me a collection of 45 rpm records, most of which I still have today. I never will forget those days. She had the prettiest parrot. Today, I have a big pet cat to entertain me. I'm in a wheelchair now, but memories live on. I am still able to do lots of things, including mopping, when I think of Mrs. Vess and my $1.50.



Patricia A. Jackson
Mill Spring
Rutherford EMC

Lye soap

Several of you sent in recipes for cooked lye soap, as requested by Sharon Hunter. Here is a basic one from Dolly Hulin of Denton. It seems to us that whoever makes this soap should be very careful.

1 box 100% Red Devil Lye
3 pounds hog fat
10 quarts water

Cook soap on the growing of the moon in an iron pot until it thickens.

Some tips from other lye soap recipes we received:

Linda White in Dobson and Vallie Pardue in Ronda both bring the lye and fat to a boil until the meat in the fat burns. Then they add water (3:1 fat:water) until it boils away, then they cool it and cut it out in blocks of soap.

Kay Goodson of Littleton says her mother cooks it until, when a feather is dropped into it, the lye eats the feather ("just the feather, not the stem").

Margaret Oldfield in Statesville found this version in her great-great grandmother's Bible: let the grease and lye stand in a pot "until the grease is nearly eaten,' then cook it and slowly add cup by cup about two gallons of water. After about a half-hour's boiling, add two pounds of resin, cook until the resin melts, then stir in two pints of salt. Pour it into molds.

Martie Hodges uses a pound of Borax and a pound of raisins to two cans of lye. Raisins?

Evidently, a full moon makes the soap whiter.

Sew close

I was weeding the grass in my garden with my two girls playing close by. The children were playing around me when one asked, "Ma, how did you get this to grow so close together?"

I looked at the patch of greens and said, "Oh, that's mustard greens. I sow the seed."

For a moment they were quiet, then they sat down and began spreading the leaves apart. I watched for a while then asked, "What are you girls doing?" They both looked up and said, "We are looking for the thread you used to sew the greens together."

Betty Vereen
Bladenboro
Four County Electric

Joyner's Corner fans

Our puzzlemaster, Charles Joyner, in August's magazine asked readers if they know of any words longer than six letters whose spelling contains letters in alphabetical order, such as the word "almost." Edward Baardsen found some six-letter ones: "begins," "biopsy" and "chintz." And, he said, "If you allow double letters into the criteria, 'billowy' exists at seven letters."

Mr. Baardsen and several others solved Mr. Joyner's head-to-foot "Word Play" puzzle in fewer than 8 steps: head, bead, beat, boat, boot, foot.

Quite a few of you had this one: head, had, hat, hot, hoot, foot.

Help my oleanders

Surfing the Web and found your Web site. I found it very informative and enlightening. I have been in North Carolina for a few years and sometimes, like many others, make mistakes in choosing the right plants, pruning too early or too late. Your gardening advice is very helpful. I will mark your Web site as one of my "Favorites."

While I'm here, I might as well ask a question. I have several oleanders that I am sure won't make it through the winter without either bringing them in the house or by making special preparations before frost. Because I have so many, bringing them inside is not an option. What can I do to try to help them make it through the winter?

Thomas Gracc
Newton

Bless you!

We have a friend who had his teeth pulled and had a hard time getting used to his new teeth. One time, we were in the North Carolina mountains at Todd's General Store looking around at all the old things, and he sneezed. Right there in front of me lay those new teeth on the floor. He grabbed them up real fast and crammed them in his mouth hoping no one saw them.

It was funny to us, but I am sure it was terribly embarrassing to him. We laughed a long time about that.

Mrs. S. McLester
Stanfield

Shucks!

John Foster West's anecdote about "rat-coons" ["First Person," July 2001] prompted me to think of this first-year instructor.

"Class, are you aware that only two English words beginning with 'S' are pronounced as 'sh'? Sumac and sugar.

"Sure," the class said in unison.

Bob Gordon
Emerald Isle

Kaitleen and Thumper

I enjoyed your article on "Bun-Bun," the rabbit who lives inside the house ["Believe It or Not," April 2001]. We also have a housebroken rabbit. When our great niece Kaitleen comes to spend the night, Thumper likes to play Barbie dolls with her. Can it be long until she has a dress on that rabbit?

Karen Hollar
Statesville

My hippopotamus tree

I call this my "hippopotamus tree." I saw it with a friend in 1982 in the lake area near Greenfield Gardens. I have no idea if it is still there.

James E. Summerlin
Goldsboro

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Michael E.C. Gery, editor

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A SPECIAL RELEASE HONORING RAY AND ROSA HICKS

"Ray's Moon"

BY BOB TIMBERLAKE

THE MOUNTAINS OF NORTH CAROLINA are a favorite "haunt" for artist Bob Timberlake and from them he has found an infinite variety of ideas for many of his paintings. One of his most favorite places to paint has been the homeplace of famous mountain storyteller Ray Hicks and his wife Rosa. Here he has captured the unselfconscious beauty of mountain life . . . and in the process, has gained a deep appreciation and respect for the couple who live there. This beautiful reproduction is being produced in offset lithography and will be offered as a special time-limited edition with orders being accepted from September 10th through November 17th, 2001.

The image area of "Ray's Moon" is 18¼" x 25" on 100% rag paper stock measuring 23¾" x 29½". The issue price is $250.00 plus $15.00 shipping. (North Carolina residents will need to add 6% state sales tax of $15.00). The edition size will be determined at the end of the reservation period. Note: 75 artist proofs and 25 giclee proofs will be included in the edition.

To reserve your personal reproduction of this very special release, please contact **The Bob Timberlake Gallery** or an authorized Bob Timberlake art dealer in your area. Orders may be placed online at **www.bobtimberlake.com**

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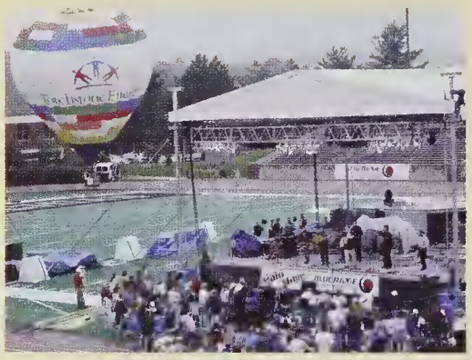
Blue Ridge Electric and Touchstone Energy sparkle at Appalachian Summer Festival

Blue Ridge Electric Membership Corporation sponsored the headliner concert that concluded this year's month-long Appalachian Summer Festival held in Boone. The Family Fun Fair and Outdoor Fireworks Concert featured the Touchstone Energy hot air balloon and country music stars Jo Dee Messina with Ricky Skaggs and Kentucky Thunder. Held at Kidd Brewer Stadium on the Appalachian State University campus, the event concluded with fireworks.



Cheri White, the 1999 National Women's Division Champion of the National Hot Air Balloon Championship, piloted the Touchstone Energy balloon. White and her crew fly this colorful balloon around the country talking with people about Touchstone Energy, a national alliance of over 550 cooperative electric utilities providing local, personal-touch service to more than 16 million business and residential consumers who are member-owners of electric utilities like Blue Ridge Electric and North Carolina's 26 other electric cooperatives.

Blue Ridge Electric also gave bucket truck demonstrations and sponsored entertainment by the Appalachian Mountain Girls during the day. The co-op offered discounted ticket prices to its members, who the co-op honored during Customer Appreciation events the whole weekend.

Blue Ridge Electric is a member of Touchstone Energy and serves over 63,000 member accounts in Ashe, Alleghany, Caldwell, Watauga, and Wilkes counties, including portions of Alexander and Avery counties. See its Web site at www.BlueRidgeEMC.com or call (828) 264-8894.

Jacksonville student represents youth on national rural electric council

Mark Fulton

When Mark Fulton of Jacksonville went on the 2001 Rural Electric Youth Tour of Washington, D.C. in June, he was unaware that his interest in rural electrification issues would earn him a leadership title. Mark, sponsored by Jones-Onslow EMC, was chosen by his peers on the trip to represent North Carolina on the National Rural Electric Cooperative Association Youth Leadership Council.

As the state's representative, Mark will attend the week-long NRECA annual meeting in Dallas in March, assist in behind-the-scenes work, and participate in the Youth Leadership Conference in Lincoln, Nebraska. He will address the North Carolina statewide annual meeting delegation next spring. Upon completion of his duties, Mark will receive a $2,000 college scholarship. He is the son of John M. Fulton of Jacksonville. He enjoys web design and development, sports and church activities.

Thirty-eight students from North Carolina, sponsored by individual co-ops, took part in the 2001 Youth Tour of Washington, D.C. and learned about rural electrification and how co-ops operate.

Free generator safety information

Carolina Country has placed a copy of its brochure "How to Operate a Portable Generator Safely" on our Web site so that it can be seen and downloaded free of charge.

See it at www.CarolinaCountry.com

Light Lines by Donna Hardy

Son, let's always remember the glory days of tobacco auctions They'll soon be a thing of the past.
FORD
EAT MO SHAD
Don't worry, Dad. There's always Ebay.
sigh
FORD
EAT MO SHAD
DONNAREE Ozee! Thanks Christin www.donnaree.com

A national debate on energy policy can produce regional rules

By Carolyn Herr Watts

What a difference a few years make. Just six years ago, political campaigns were built upon "doing away with the Department of Energy" because there was no longer an energy crisis. Well, what's old is new again. Energy policy issues are front and center in newspaper headlines, Congressional hearings, Sunday morning talk shows ... and even "Larry King Live."

There are a number of issues involved — predominantly, California and the Western states electric prices and blackouts, the Bush Administration's energy plan, and the beginning Congressional energy policy debate.

California has been on our TV screens since last summer when electricity prices in San Diego doubled. That began the public woes that now plague the state and its neighbors. San Diego was first "out of the box" and into the news. San Diego Gas & Electric paid off its debt before the other California utilities, thereby releasing its consumers' rates from the statewide rate freeze, so rates went "to market."

The daily prices that California utilities paid to purchase power bounced in the marketplace at the same time that the entire U.S. was facing volatile and ever-rising natural gas and electricity prices.

Add to this that California had not built any power generating plants in 10 years. This is true of most other states as well. In the 1980s there was an oversupply of electricity due to overbuilding in response to the 1970s energy crisis. During the 1990s, we "grew into" these plants and needed to begin re-building electric capacity. Nationally, in the 1970s and 1980s, 381,000 megawatts of capacity was bought into production. In the 1990s, 41,000 megawatts were added — just over ten percent more capacity.

There is no blame here. These are the circumstances under which our current energy markets must now be dealt with to meet current and future demand.

Couple these issues with a severe drought in Oregon and Washington that rely heavily upon hydropower. California usually exports electricity to the Northwest in the winter and then receives power in the summer. But, remember the holiday lights being turned off in California? There went the balance of California electricity imports and exports with its neighbors.

California, as we all know, faces tremendous issues. Blackouts are crippling the business community. The state's overall energy bill was $7 billion in 2000 and for 2001 it is likely to be many multiples of that. Ripple effects are also seen as neighboring states' manufacturing companies shut down plants because it's more profitable to sell their contracted electricity than to manufacture their products.

Recently, the Federal Energy Regulatory Commission, the federal agency empowered to oversee the nation's electricity markets, issued an order to moderate wholesale electricity markets in the Western Region, including California. While this has alleviated many calls for absolute "price caps" to set ceiling prices for electricity, there are so many details surrounding FERC decision, that no one really knows what its impact will be. Additionally, FERC is looking into refunds of alleged overcharges.

A national energy discussion

So while the microcosm of an "energy crisis" plays out in California and the Western states, what is Washington D.C. considering? President Bush and Vice President Cheney undertook a huge initiative in the release of its "National Energy Policy" in May 2001. Both the President and the Vice President are well versed in this complex issue. Energy is an intricate dance of many issues; the time, effort and thoughtfulness that went into the plan are extraordinary and worthwhile. Our nation has not reviewed or mapped out a long-term energy issues in decades. It is time for the debate to begin. And the President and Vice President have set the focus of discussions.

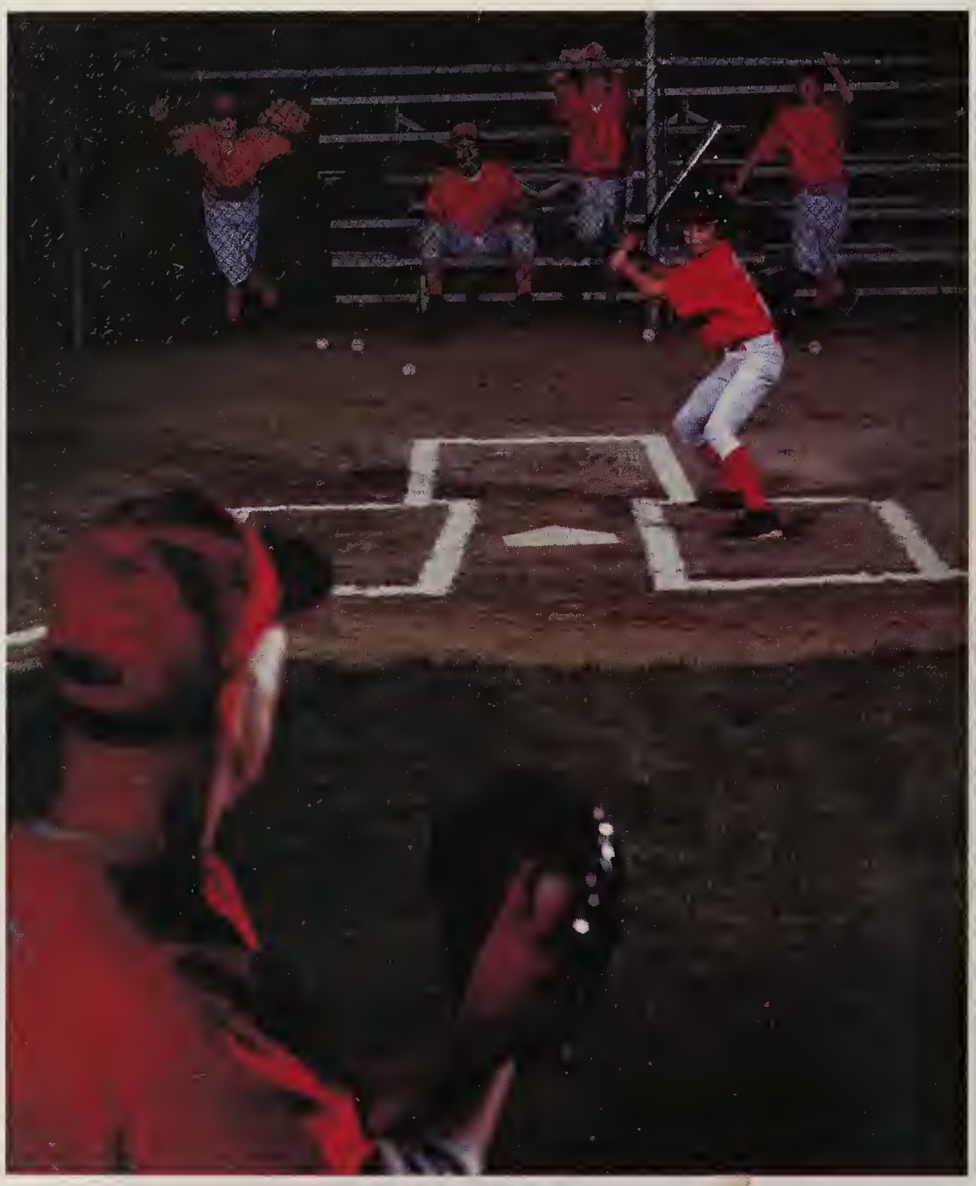
Congress is beginning to debate these issues. With the recent change of power in the Senate, the pace may be somewhat slowed, but energy has generally been more of a regional debate rather than a partisan one. Just as in any political debate, a sense of balance must be met between the "energy haves" and the "energy-have-nots." Some wags think if everyone ends up unsatisfied, then it's a good policy. Let's hope that's not the case here. We need a debate.

The electric cooperatives are in the "consumers first" corner, as usual. We advocate the need for an adequate supply of energy, at reasonable costs to the consumers. As not-for-profit utilities, cooperatives understand the need for rules and markets that will provide for stable investments. These investments must be made so that there will be an adequate and steady source of energy. Volatile marketplace changes don't provide the balances necessary between interests of consumers and producers.

Congress needs to begin the debate and then set the rules that can allow energy production and the means to deliver it to the consumers, while ensuring a balance between supply and demand, cost and price. A firm set of "rules of the road" need to established to provide and protect all Americans.

Carolyn Herr Watts is Senior Vice President for Competitive Strategies with the North Carolina Electric Membership Corporation, a Touchstone Energy cooperative providing bulk power to the state's electric cooperatives. Previously she worked in government relations with the National Rural Electric Cooperative Association, and later in the U.S. Department of Energy.

The Power Of Human Connections.



9:02 PM, Pinetops, NC. It doesn't always take a power plant to generate electricity. Sometimes, it just takes a little time. And support. And belief in each other. Which is why your local Touchstone Energy cooperatives proudly take an active role in the communities we serve. Electricity may be our business, but involvement in the community is where our human connection to you is at its most powerful.

North Carolina's electric cooperatives

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How to operate a portable generator safely

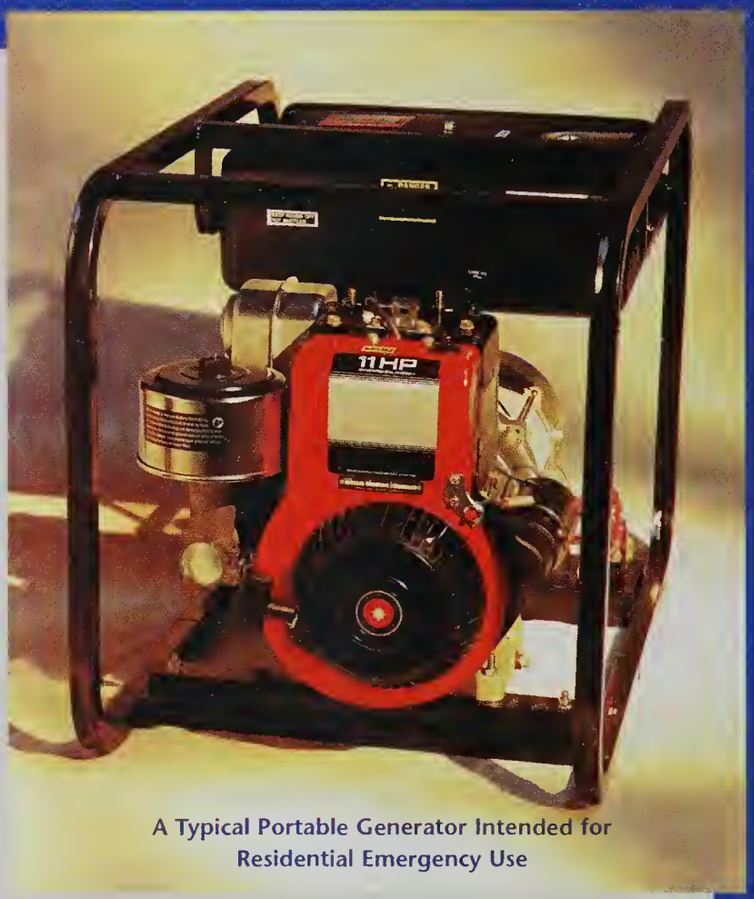
You can use a portable generator to supply electricity to your appliances if an emergency exists during a power outage. But if used improperly they can kill you and the people who are restoring power to your building. They also can damage the appliances you connect.

Home emergency generators are usually powered by gasoline, which must be properly handled as well.

Generator sizes vary. Common units can be from 8 to 14 horsepower and capable of handling from 4,000 to 8,400 watts (including starting surge requirements). Prices may range from $800 to $3,000.

Connecting a generator to the main electrical supply for your house requires the services of a qualified, licensed electrician. Installing the connection and switch (as explained below) can cost $600 to $1,000.

Before connecting the generator to your household circuit, notify your electric cooperative.



A Typical Portable Generator Intended for Residential Emergency Use

EXTENSION CORDS

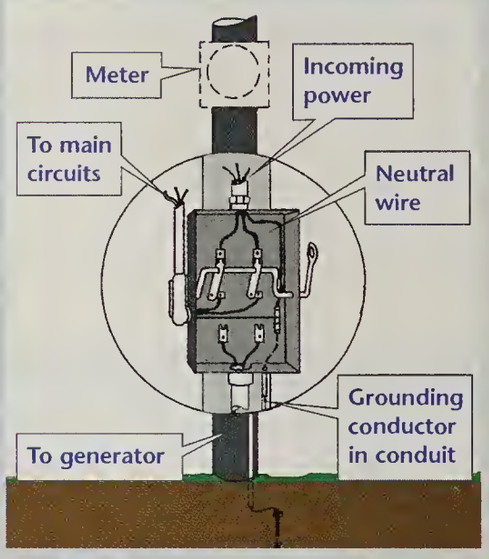
When using an appliance or tool at a considerable distance from the generator, a 3-wire extension cord that has a 3-blade grounding plug and a 3-slot receptacle that accepts the tools plug should be used. A cord of adequate size must be used.

WARNING:

If you connect a portable electric generator to the main electrical supply coming into the house, the electrical generator could feed back into your electric cooperative's system and electrocute workers who are repairing the electrical lines.

To avoid back-feeding of electricity into utility systems, you must have a qualified, licensed electrician install a double-pole, double-throw transfer switch (see illustration) between the generator and utility power in compliance with all state and local electrical codes. (A minimum of 10-gauge wiring must be used.)

Your generator might not be large enough to handle the load of all the lights, appliances, TV, etc. at one time. To prevent dangerous overloading, calculate wattage requirements correctly (see chart on next page).

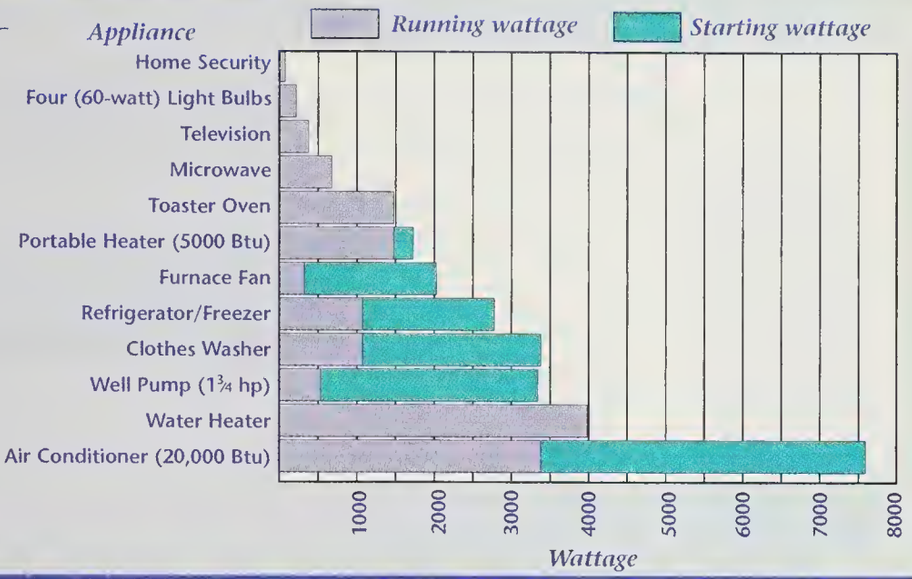


Typical Double Pole, Double Throw Transfer Switch Installation for 120/240 V, Single-Phase Service

DETERMINING WATTAGE REQUIREMENTS

Never exceed the rated capacity of your generator. Overloading can cause serious damage to the generator or appliances. Before operating a generator, list all of the appliances that are going to operate at the same time. Then determine the starting wattage requirements and the running wattage requirements. The starting load lasts only for a few seconds, but is very important when figuring your total wattage to be used. Your generator must be rated to handle the total wattage.

Ratings shown here are samples. Wattage requirements vary with different brands of appliances. Be sure to check the name plate on the appliances you plan to use. Always start your largest electric motor first, then plug in other items one at a time.



If you do this	This could happen	Unless you prevent it
1. Attempt to connect generator directly to the electrical system of any building.	1. You can kill or injure a person repairing service lines. The electricity you generate will back feed through the building's electrical system to the outside utility feed lines. Attempting to connect to the incoming utility service could result in electrocution. If your electric cooperative's line crew is restoring electrical service while your generator is connected to the incoming utility service, you could start a fire or seriously damage your building.	1. A qualified, licensed electrician must install a double-pole, double-throw transfer switch to connect the generator to a building's electrical system. This is required by the National Electrical Code. Connection must meet local ordinances. A minimum of 10-gauge wiring must be used.
2. Fail to ground the generator's electrical system adequately.	2. Entire generator could become electrically charged and cause electrocution.	2. Make sure that the unit is connected to an appropriate electrical ground, in accordance with the National Electric Code. Follow instructions supplied with the generator.
3. Operate generator in rain, wet, icy or flooded conditions.	3. Water conducts electricity. If water comes in contact with electricity to the generator's frame and other surfaces, it will cause an electrical shock to anyone contacting them.	3. Operate generator in a clean, dry, well ventilated area. Make sure your hands are dry.
4. Use worn damaged, undersized or ungrounded extension cords.	4. Contact with worn or damaged extension cords could cause electrocution. Undersize extension cords could overheat wires or attached items, resulting in fire. Use of ungrounded cordsets could prevent operation of circuit breakers and result in electrical shock.	4. Inspect extension cords before use and replace with new if required. Use proper size (wire gauge) cordset for application. Follow instructions supplied with your unit. Always use electrically grounded cordsets.
5. Attempt to fill the fuel tank while the engine is running.	5. Gasoline and gasoline vapors can become ignited by coming in contact with hot components such as the muffler, engine exhaust gases or from an electrical spark.	5. Turn engine off and allow it to cool before adding fuel. Make sure there's a fire extinguisher in the immediate area certified to handle gasoline or fuel fires.
6. Fail to ventilate generator by operating in an enclosed area.	6. Obstructing ventilation causes overheating and possible ignition of the materials. You will produce toxic carbon monoxide exhaust fumes from the engine. Breathing exhaust fumes will cause serious injury or death.	6. Operate generator in a clean, dry, well ventilated area. Keep objects away from unit during operation. Do not operate unit in a confined area, such as garages, basements, storage sheds, etc., which lack a steady exchange of air. Never operate unit in a location occupied by humans or animals. Keep children, pets and others away from where it's operating.
7. Tamper with factory set engine speed settings.	7. Tampering with the engine speed adjustment could result in overheating of attachments and could cause a fire.	7. Never attempt to "speed-up" the engine to obtain more performance. Both the output voltage and frequency will be thrown out of standard by this practice, endangering you and the attachments.

Maola mooves right along

North Carolina's longtime independent dairy is still a household word

By Elisa Cottrell

Who remembers the old North Carolina milk companies? Pine State. Coble. Guilford. Maola.

Whatever happened to them?

Like the milkman who delivered bottles door-to-door, those dairy companies vanished or were absorbed by conglomerates. Except Maola.

Maola Milk & Ice Cream Company in New Bern has been making milk for 66 years and today is North Carolina's last independent dairy. And rather than fade into the sunset, Maola is blazing stronger than ever before. Last year, Maola completed a $10 million expansion of its New Bern plant. Throughout the state and at regional distribution centers, Maola employs some 500 people, who also own the business. Its new line of Cow Café ice cream is appearing in more and more groceries statewide. And it is a steady customer of North Carolina's finest dairy farms.

Since its beginnings in 1935, Maola has placed high standards on the quality of its milk products. While much of the milk you see in supermarkets comes from places in California, Wisconsin and Pennsylvania, all Maola products come from North Carolina milk. Within 48 hours of the time Maola picks up milk from the dairy farm, the consumer product is on the food store shelf. Because Maola typically pays farmers more for their milk than other dairies will, the competition to produce for Maola is stiff. And to sell to Maola, your milk needs to be the highest quality.

Quality reins at the dairy plant, too, which churns out between 80,000 and 100,000 gallons per day, four days per week. The ice cream processing facility employs a gradual pasteurization process in contrast to many ice cream makers that use high temperatures to speed up the process. Maola's state-of-the-art hardening system then captures the quality and freezes the ice cream fast to eliminate crystallization — about 400 gallons can harden in an hour.

Maola's producers, who are among the best dairy farmers in the state, are mostly members of electric cooperatives in Alamance, Chatman, Davidson, Lenoir, Orange, Randolph and Wayne counties and into surrounding areas. These farmers recently received the highest rating to have ever been given by the North Carolina Environmental and Natural Resources Milk Sanitation Branch.

The Cow Cafe

"Throughout our history, we've been very serious about providing the freshest, highest-quality products possible," says a Maola brochure. "But, we also have a fun side, and we just happen to love kids!"

Maola's fun side is obvious in the The Cow Café retail outlet at its New Bern plant. This Holstein heaven is the state's first and only "four-hoof" restaurant.

in the 21st century

Opened in 1994, The Cow Café is a way to say thank you to the employees and loyal customers that have kept Maola going for 66 years. The menu may seem a little strange at first, but with choices like "peanut udder and jelly" sandwiches and "cow conies" (chili dogs), the menu is almost as entertaining as anything else. In addition to traditional ice cream flavors, the newer Cow Café line of ice cream includes Moonilla Bean, Udder Pecan, Moonana Split, Gooey Cowphooey and Mooberry Mousse.

The Café has more than 200 cow-inspired gifts for sale, a Calf Corner for "younger heifers" to play in, and Maola's spokescow, "Mooella." Visitors to New Bern also can enjoy a trip to the Milky Way on Cowpollo 1. Located in the former Cow College, Cape Cownavrel will take children on a journey from the farm to the grocery store, showing them how we get our milk.

You can visit The Cow Café Monday-Saturday from 9:30 a.m.-5:00 p.m. For more information call (252) 638-1131.

Elisa Cottrell is a freelance writer in Raleigh.

Maola's Cow Cafe in New Bern.

Farmers who produce milk for Maola Milk & Ice Cream Co.

Kenneth Strowd, *Chapel Hill*
Robert V. Cheek, *Liberty*
Steve Crutchfield, *Liberty*
Dixon Brothers Dairy, *Graham*
Williams Dairy, *Liberty*
Jerrold L. Murchison, *Liberty*
Lloydtown Dairy, *Mebane*
Mary S. Fogleman, *Liberty*
Manco Farms, *Pittsboro*
Michael D. Beeson, *Climax*
Pickard Farms, Inc., *Liberty*
Beaver-Rill Farms, Inc., *Burlington*
Meredell Farm, Inc., *Liberty*
Jan Lowe Dairy, *Liberty*
Alvis P. Fleming, *Littleton*
Cook & McPherson, Inc., *Liberty*
Ingold Dairy, *Graham*
Lindley Dairy, Inc., *Snow Camp*
David Iles, *Littleton*
Hickory Grove Dairy, *Snow Camp*
Joe Gaddy, *Snow Camp*
Cloer Farms, *Snow Camp*
Larry Gerringer, *Gibsonville*
Manfred Hood, *Goldsboro*
Jerry Ward Crawford, *Chapel Hill*
Wilway Dairy, *Norlina*
Dan & Laurie's Dairy, *Pittsboro*
Maple Grove Dairy, *Denton*
Osborne Dairy, *Mocksville*
James M. Lindley, *Snow Camp*
Green Valley Farms, *Randleman*
Hoffner Brothers Dairy, *Mt. Ulla*
Keck Dairy, Inc., *Julian*
Gerry/Ann Dairy, *Chapel Hill*
Adriane Jones, *Mt. Olive*
Mary "L" Farm, *Mt. Ulla*
A.D. & Carlton Williard, *Graham*
NC Dept. of Agriculture – Caswell Farm Unit, *Kinston*
Hobar Dairy, Inc., *Mocksville*
Wright's Dairy, *Franklinville*
Gregory H Langley, *Staley*
Quentin J Allen, *Asheboro*
Chestnut View, *Snow Camp*

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20	----	----	10.44	10.00	15.53	14.43	24.06	21.87
21	----	----	10.44	10.00	15.53	14.43	24.06	21.87
22	----	----	10.44	10.00	15.53	14.43	24.06	21.87
23	----	----	10.44	10.00	15.53	14.43	24.06	21.87
24	----	----	10.44	10.00	15.53	14.43	24.06	21.87
25	----	----	10.44	10.00	15.53	14.43	24.06	21.87
26	----	----	10.44	10.09	15.53	14.65	24.06	22.31
27	----	----	10.53	10.09	15.75	14.65	24.50	22.31
28	----	----	10.53	10.09	15.75	14.65	24.50	22.31
29	----	----	10.53	10.09	15.75	14.65	24.50	22.31
30	----	----	10.53	10.09	15.75	14.65	24.50	22.31
31	----	----	10.53	10.09	15.75	14.65	24.50	22.31
32	----	----	10.53	10.09	15.75	14.65	24.50	22.31
33	----	----	10.53	10.09	15.75	14.65	24.50	22.31
34	----	----	10.62	10.09	15.96	14.65	24.93	22.31
35	----	----	10.62	10.18	15.96	14.87	24.93	22.75
36	----	----	10.62	10.26	15.96	15.09	24.93	23.18
37	----	----	10.62	10.35	15.96	15.31	24.93	23.62
38	----	----	10.71	10.44	16.18	15.53	25.37	24.06
39	----	----	10.80	10.62	16.40	15.96	25.81	24.93
40	----	----	10.97	10.71	16.84	16.18	26.68	25.37
41	----	----	11.15	10.88	17.28	16.62	27.56	26.25
42	----	----	11.24	11.06	17.50	17.06	28.00	27.12
43	----	----	11.41	11.24	17.93	17.50	28.87	28.00
44	----	----	11.59	11.41	18.37	17.93	29.75	28.87
45	----	----	11.94	11.59	19.25	18.37	31.50	29.75

Call for more information

MONTHLY RATES

Issue Age	$50,000 Male	$50,000 Female	$101,000 Male	$101,000 Female	$250,000 Male	$250,000 Female	$500,000 Male	$500,000 Female
46	----	----	12.30	11.86	20.12	19.03	33.25	31.06
47	----	----	12.83	12.12	21.43	19.68	35.87	32.37
48	----	----	13.36	12.39	22.75	20.34	38.50	33.68
49	----	----	13.98	12.74	24.28	21.21	41.56	35.43
50	----	----	14.60	13.00	25.81	21.87	44.62	36.75
51	----	----	15.30	13.36	27.56	22.75	48.12	38.50
52	----	----	15.92	13.71	29.09	23.62	51.18	40.25
53	----	----	16.63	14.07	30.84	24.50	54.68	42.00
54	----	----	17.42	14.60	32.81	25.81	58.62	44.62
55	----	----	18.40	15.13	35.21	27.12	63.43	47.25
56	----	----	19.37	15.74	37.62	28.65	68.25	50.31
57	----	----	20.52	16.36	40.46	30.18	73.93	53.37
58	----	----	21.75	17.07	43.53	31.93	80.06	56.87
59	----	----	23.34	17.95	47.46	34.12	87.93	61.25
60	----	----	25.47	19.10	52.71	36.96	98.43	66.93
61	----	----	28.12	20.25	59.28	39.81	111.56	72.62
62	----	----	31.03	21.58	66.50	43.09	126.00	79.18
63	----	----	34.39	23.08	74.81	46.81	142.62	86.62
64	----	----	38.19	24.94	84.21	51.40	161.43	95.81
65	----	----	42.43	27.50	94.71	57.75	182.43	108.50

Call for more information

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HOME PHONE ( ) _____ WORK PHONE ( ) _____

BENEFICIARY _____ AGE _____

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NAME _____

DATE OF BIRTH _____ ❑ MALE ❑ FEMALE

AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO

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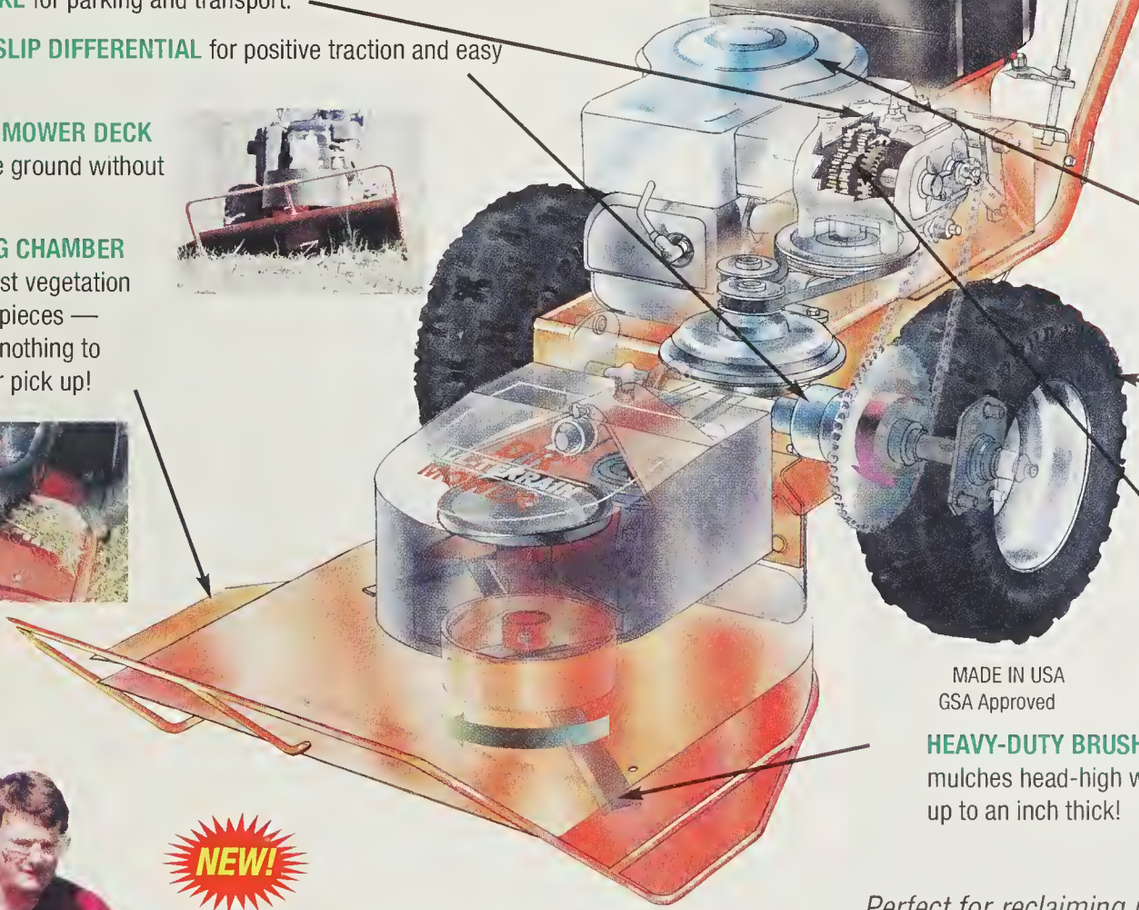

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Carolina Country Scenes

A GALLERY OF YOUR FAVORITE PHOTOS

Here is our third annual gallery of your favorite photos. We received more than 100 this year and will return those that arrived with self-addressed, stamped envelopes. Pictures of children outnumbered all others, and there's a fair representation of them here. Most submissions included wonderful descriptions of the scenes. Thanks to everyone who sent something. We'll post more of these on our Web site at www.carolinacountry.com. Feel free to send pictures whenever you feel like it.

Next month, we'll publish your reports on your favorite North Carolina restaurant. (Deadline was August 15.) For the list of themes remaining in our "Nothing Could Be Finer" series, see page 20.

— Michael E.C. Gery

Bound for Belhaven at flank speed

The "Capt. Raliegh" on the Bay River near Hobucken, bound for Belhaven at flank speed with gear ready to trawl.

E.G. Matheson
Emerald Isle
Carteret-Craven Electric

Dandelion Lindsay

I took my granddaughter Lindsay to visit my sister, who has a trampoline for the grandchildren. Lindsay liked her first time jumping, but her hair got all shook up. Her mother said she looks like a dandelion.

Mrs. H.G. Hedrick
Lenoir
Blue Ridge EMC

Ball of fire

This is Mason Colton Howell, who will turn 3 this November. With his red hair, he is truly a ball of fire. When he was learning to walk, his dad was painting the porch and told him not to walk on it. So he crawled across it! In this picture, Mason was at Skids Kids in Burlington. We told him not to run, so he instructed the other kids to get out of his way so he could fly! He had a soft landing. What a ham!

Michael and Melanie Howell
Snow Camp
Randolph EMC

Miss Naomi

Miss Naomi was a memorable character who lived with another lady up the road from our house. In the dog days of summer, when school was out, my sister and I would visit them. The house was immaculate and both ladies always were happy to see us. With eyes half shut, Miss Naomi would laugh with such joy from her warm heart. She asked if she could hold her dog for this photo. You can see the old covered well on the left and Miss Naomi's checkered apron over her cotton print dress. This was in the summer of 1983 when I took an Anson Tech photography course to finish my B.A. degree at Wingate.

Debbie P. Austin
Marshville
Union Power Cooperative

Two views of my barn

Moving as a new bride two years ago to Ashe County, I instantly fell in love with the peaceful countryside, especially weathered old barns. I've taken photos of this one during every season. The picture on this dreary winter day turned out almost black and white instead of color. I sent it to my teenaged grandson, Ryan, who later presented me with his watercolor of "my barn."

Marlene J. Fischer
West Jefferson
Blue Ridge EMC

Proud Mama

This is Rosie and her kids. It seems she's bragging on them. I think they were only a couple days old.

Mark R. Smith
Lincolnton
Rutherford EMC

more photos

Let's go fishin'

An old cane, a little bit of water and a day fishing with Dad. It doesn't get any finer. Even though we weren't really fishing this day, my son Paxton and I thought it was a good idea. He was age 2½.

Greg Sigmon
Lincolnton
Rutherford EMC

Send us your best. Earn $50.

Here are the themes in our "Nothing Could Be Finer" series. Send us your stories and pictures. You don't have to be the best writer. Just tell it from your heart.

November 2001
"The Best Thing That Ever Happened to North Carolina"
Long ago or recently.
Deadline: Sept. 15

December 2001
"The Finest Person in My Life"
Tell us why.
Deadline: Oct. 15

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. E-mail or typed, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
6. We pay $50 for each submission published.
7. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
8. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com. Or through the Web site: www.carolinacountry.com

End of the road

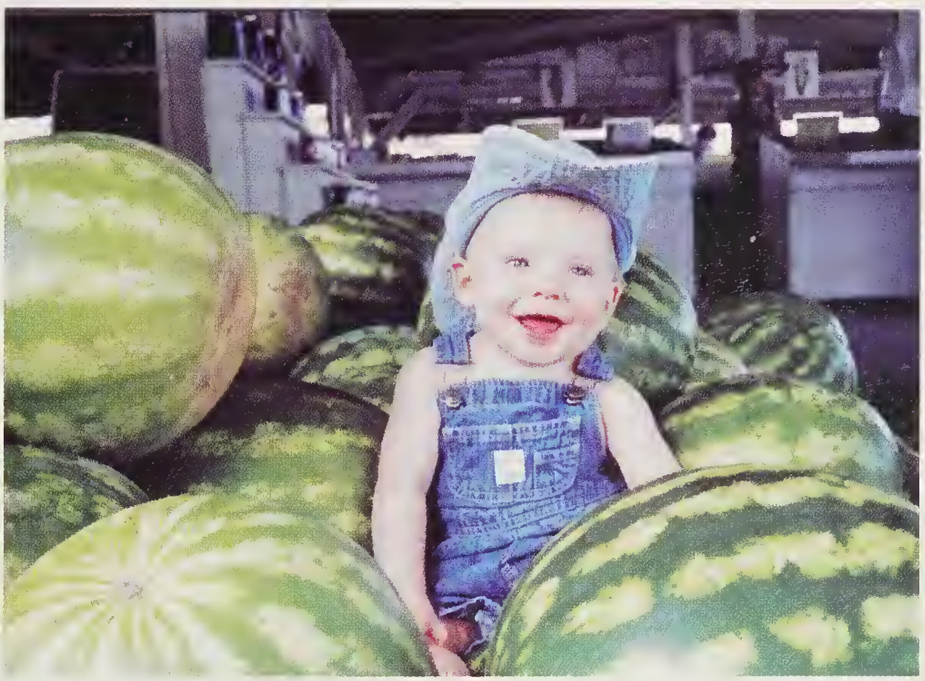
Soon after graduating from Currituck County High, I left North Carolina and journeyed through most of the U.S. in search of meaning. After 12 years I found myself back in our splendid state, settling at the end of a long, gravel road surrounded by fields. Scenes like this, right here at home, are what life is truly about.

Stacy Morin
Hertford
Albemarle EMC

Hunter in the woods

One cool, crisp autumn day, my husband, Lance, and our son Hunter, who was 2 then, gathered firewood down the old country lane in Monroe where we live. Hunter loved the hum of the saw and would watch his dad collect the wood. Hunter is 9 today, and the little woodsman knows that when the leaves begin to fall and the air is chilly, it's time to bring out the old truck and head for the woods.

Angela Brosch
Monroe
Union Power Cooperative



Slinkydawg and Maverick

When Slinkydawg came bounding across the yard, just barely able to see over the grass, our son Maverick instantly fell in love with this little puppy. We have Slinkydawg's father, Andydog, and had promised the puppy to someone else. But during the few days we had her, she and Maverick became best buddies. Slinkydawg lives with close friends of ours who bring her here for weekend visits.

Jill H. Gunter
Bear Creek
Randolph EMC

Lovin' those Bogue Sound watermelons

This is my son, Graham Guthrie, in July of this year surrounded by watermelons grown by his Grandfather Jimmy Guthrie and Great Uncle Aggie Guthrie. Cedar Point is known for its famous Bogue Sound watermelons. Graham is 7½ months old.

Karen Taylor Guthrie
Cedar Point
Carteret-Craven Electric

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"AVA GARDNER, GRABTOWN GIRL"

1959

Although she was an internationally known film star, Ava Lavenia Gardner of the Johnston County community of Grabtown remained true to her eastern North Carolina roots – down to her favorite food: North Carolina barbecue.

A new book, "Ava Gardner, Grabtown Girl" details the early life and close family ties of one of North Carolina's brightest stars.

Author Doris Rollins Cannon, chairman emeritus of Smithfield's Ava Gardner Museum, acquaints readers with the "hometown" Ava, in addition to the well-known glamour girl who was "discovered" in 1939 when a clerk for Loews Theatres saw her picture in a photographer's New York studio window.

Movie goers are familiar with her story: marriage to three well-known stars, Mickey Rooney, Artie Shaw and Frank Sinatra; starring in 62 roles in a 44-year film career; and cover girl for more than 3,000 magazines worldwide.

Eastern North Carolina readers will recognize many of Ava's friends, family members and celebrities quoted in the new volume.

Youngest of seven children of Mollie and Jonas Gardner, Ava was born Christmas Eve, 1922, and named for her paternal aunt. Ms. Cannon covers Ava's school years, 1938 move to Rock Ridge and later life in the spotlight.

Friends remember that Ava thoroughly enjoyed attending the 1978 final Rock Ridge High homecoming – with no publicity and fanfare. Gov. James B. Hunt was speaker.

The Ava Gardner museum began as the personal memorabilia collection of Ava's younger friend, Tommy Banks, later Dr. Thomas Banks of Florida. After Banks' death in 1989, his wife donated the collection to the museum, where it was in the old Brogden teacherage, where Ava spent several early years.

Ava died in London in January 1990 and came home to be buried with her family at Smithfield's Sunset Memorial Park.

In November 2000, a new, larger museum opened in permanent quarters on Smithfield's Market Street.

The 144-page book contains many photographs, especially of Ava Gardner's early life. It is available in bookstores for $14.94 (softcover), published by Down Home Press and distributed by Winston-Salem's John F. Blair Publishers (1-800-222-9796).

— Peggy Howe

Age 4, 1927.

1928

1935

1937

PORCH TALK

Grants available for shoreline erosion

Thanks to a grant from the Community Restoration Center of NOAA, the North Carolina Coastal Federation is offering funds to help waterfront property owners stabilize eroding shorelines in a more ecologically sound manner.

More than 4,500 linear miles of shoreline encompass North Carolina's 2.1 million-acre estuarine system. Salt marshes and wetland communities along these shorelines are vital to productive fisheries and water quality. Sea levels rise at least one foot per century, causing many waterfront property owners to erect bulkheads and sea walls to combat shore erosion. These structures damage or destroy the salt marsh, reduce important fisheries habitat, and can leak chemicals toxic to marine life.

As an alternative, the federation offers private landowners and public land managers up to 50 percent of the cost of the project to install marsh vegetation to preserve the shoreline. This technique proved successful in federation demonstration sites and several states have promoted this method for more than 20 years to protect fisheries habitat in Delaware and Chesapeake Bays.

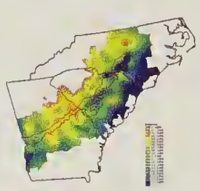
To apply, contact Melanie Severin at (252) 393-8185 or e-mail nccf@nccoast.org. The project site selection process will be based on a number of criteria, including the degree of erosion, presence of wetlands, and readiness of the landowner to complete the project by June 1, 2002. Initial efforts will focus on Carteret, Onslow, Pender, New Hanover and Brunswick counties.

Interested marine contractors should contact Tracy Skrabal at (910) 790-3275 or e-mail Tracys@nccoast.org.

Learn more about the federation at www.nccoast.org.

Surplus of Sandhills summer storms

Ever notice how much more it rains in the Sandhills during summer? Scientists and students at North Carolina State University and the North Carolina State Climate Office are currently investigating this phenomenon. After analyzing 40 years worth of regional rainfall and climate data, they are creating computer models to help explain what fuels the storms during the muggy months of June, July and August.



"The ultimate goal is not only to better understand why this phenomenon occurs, but to help meteorologists develop better ways to forecast it," said State Climatologist Dr. Sethu Raman, a professor of marine, earth and atmospheric sciences at N.C. State who is leading the study.

Raman and his students found that the Sandhills receive, on average, 1.12 more inches of rain from June through August then adjacent regions. This amount is significant in terms of water conservation measures and potential flash flooding.

Learn more about the State Climate Office and its research at www.nc-climate.ncsu.edu.

Vaccinate horses against EEE

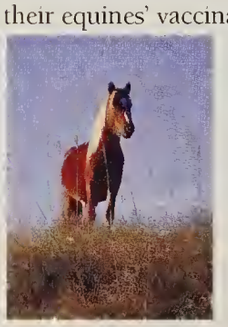
Although officials recently found a case of the virus Eastern Equine Encephalomyelitis (EEE) in North Carolina, there are steps you can take to protect your horses.

EEE (sometimes called "sleeping sickness") is transmitted through a bite from an infected mosquito. Horses and humans are susceptible, but humans cannot catch the virus from horses. Signs of EEE in horses include quietness, depression, impaired vision, aimless wandering, inability to swallow and paralysis. Symptoms usually occur about five days after an animal is bitten.

Fifty to 90 percent of horses infected with the virus will die and those that recover are often permanently impaired.

To avoid infection, protect your equines with vaccinations, the use of insect repellents and protective stabling practices.

"Vaccinations are highly effective in preventing the spread of this virus and I strongly recommend owners check to make sure their equines' vaccinations are current and up to date," said State Veterinarian Dr. David Marshall.



In addition to the vaccine, eliminate potential mosquito breeding grounds (standing water), house horses inside at dusk and dawn (periods of high mosquito activity), and utilize wipe-on insect repellents.

Last year, there were 18 confirmed cases of EEE reported to the N.C. Department of Agriculture and Consumer Services.

Secure pets more safely on a leash

Pet Safe, a new invention for pets, promises to keep them safely on leash, free of entanglements, wherever you travel. The portable restraint system consists of stakes and a metal ring for attaching the pet's leash. Once inserted into the ground, locking blades extend from the stakes, preventing the pet from uprooting the anchor. The metal ring swivels 360 degrees, allowing the pet to travel in any direction without getting caught on the leash.

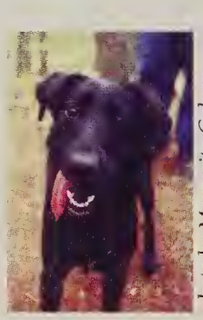


photo by Margarita Galvan

North Carolina inventor Brian Thomas seeks a company to manufacture, market and distribute Pet Safe. Visit petsafe.inventonline.com for more details or contact him at(910) 686-6542.

We've begun stocking the shelves of the new Carolina Country Store. It's our way of showcasing and supporting the growing economy of the North Carolina countryside.

Do you have something to stock on the Carolina Country Store shelves? Send information and pictures to our storekeeper Tara Verna through the Web site or at carolina.country@ncemcs.com.

The store is open 24 hours a day, every day, at www.carolinacountry.com

Carolina *culture*

Book preserves history of Nags Head cottages

The new book "Nags Headers" by North Carolina native Susan Byrum Rountree seeks to protect the memory of historic, century-old beach cottages in Nags Head. Each year, the Atlantic Ocean draws increasingly closer to the brave mile-long row that has survived hurricanes and northeasters.

"Nags Headers" blends oral history with narratives to share the experiences of Nags Head's oldest families. From Mary Flowers, who remembers the 1937 luncheon her family hosted for President Roosevelt, to 100-year-old Virginia Hall, who survived the 1933 hurricane, the book not only examines the past, but also looks at modern-day efforts to preserve this legacy.

In 1977, the National Register of Historic Places adopted the Nags Head Beach Cottage Row Historic District.

Rountree lives in Raleigh where she works as a monthly columnist for the *News & Observer*.

Purchase "Nags Headers" for $16.95 (paperback) or $26.95 (hardback) at area bookstores.

Take on an amazing maze

You're surrounded by 9-foot-tall cornstalks. As you feel your way along the path, you come to yet another dead end. Turning around, you see nothing but corn and wonder if you'll ever find the way out...

...and you will find your way out, thanks to clues provided by maze creaters Michael and Karen Gerhart. The maze is a 4.5-acre puzzle located one mile east of Columbia on Highway 64. Its 5-foot-wide paths total approximately 1.5 miles and making your way through them is challenging, but not impossible for those who know the answers to various farming questions. Correct answers will point you in the right direction and once you emerge, you can sign the "Maze Master's Board" as a reward for your unflagging determination. Picnic tables are available for those who work up an appetite.

The maze is open August through October and operated 4 p.m. until dusk on Thursday and Friday, and 10 a.m. until dusk on Saturday. Moonlight madness occurs on August 4 and September 1, and on those days, the maze will be open until 11 p.m. (bring a flashlight!). Admission is $6 for adults, $4 for children (6-11) and free for children under 5. Special pricing is available for groups of 25 or more. Call 252-766-CORN for more information or e-mail themaze@beachlink.com.

Outer Banks singer Noah Paley

Noah Paley pursued a dream of making his singing and guitar-playing talents public after a two-decade hiatus. Until that time, he had never played for anyone outside of family and friends. A resident of the Outer Banks, Paley recorded the well-received CD "Sticks and Stones" two years ago. He is currently working on a second studio album, "Small Truths," in Chapel Hill.

Paley's body of work includes 76 tunes. His songs contain a wide range of folk, jazz, pop, country and blues influences.

If you're in the Ocracoke Island area, catch Paley's act with Molasses Creek at the DeepWater Theater every other Thursday throughout the summer. The "Sticks and Stones" CD can be ordered from either www.amazon.com or www.efolkmusic.com. Listen to snippets of Paley's songs on his Web site at www.noahpaley.com and e-mail him at noahpaley@mindspring.com.

A Smoky Mountain craft cooperative

In 1976, a band of mountain crafters joined creative forces to build a place to sell their homemade wares. Dogwood Crafters, originally funded by $1,000 of leftover bicentennial grant money, has grown by leaps and bounds from its simple beginnings 25 years ago. Today the craft cooperative showcases the works of more than 100 artisans. Located in Dillsboro, in the foothills of the Smoky Mountains, the store features art ranging from cornshuck dolls and quilts to baskets and tatted lace—all contained with the walls of an historic log cabin. Visit www.dogwoodcrafters.com for a map and more information or call (828) 586-2248.

Handcrafted wooden accessories and furniture

Union County native Michael Helms traveled the world before returning to his North Carolina roots to open Mountaineer Millworks in his grandfather's old shop on the family homestead in Weddington. A fourth-generation carpenter, Helms specializes in creating fine wooden accessories, furniture and cabinetry from discarded wood.

This year, the quality of Helms' work has been recognized with the CarolinaCrafters.com "Quality Artist Award" in January and first place at Monroe's Blooming Arts Festival in May.

View photos of his work and prices on jewelry and flatware boxes at www.mountaineermillworks.20m.com. Helms also accepts custom requests. E-mail him at mountainman@woodworking.com for details or you can call (704) 846-1972.

From Wake Forest to the world: WCPE FM sends out classical music 24 hours a day.

Back in 1973, five N.C. State University students thought they would start a radio station. They formed the Educational Information Corporation and applied to the Federal Communications Commission for a two-watt, non-commercial broadcasting license. By 1978, using hand-built and army-surplus equipment, radio station WCPE took to the air with 12,500 watts, broadcasting four hours a day from an old frame house in Raleigh. Volunteers held yard sales to pay operating expenses.

The same spirit keeps WCPE 89.7 FM on the air today. With a mix of paid and volunteer staff, the "Great Classical Music" station now sends music into homes, offices and vehicles around the world 24 hours a day. Satellite and Internet technology allows WCPE to reach a community that knows no geographic boundaries.

89.7 WCPE
Great Classical Music, 24 Hours A Day

With studios and transmitters located outside the town of Wake Forest, WCPE is one of Wake Electric Membership Corporation's largest consumers of electrical power. The station serves central North Carolina and southern Virginia with a 100,000-watt signal broadcast from a 1,200-foot tower. Since 1998, WCPE's satellite signal has sent classical music through C-band (large dish) satellite receivers to homes throughout North America. WCPE also offers free programming to cable-TV systems, serving cable listeners from Rocky Mount and Chapel Hill to Palo Alto, Calif., and Gold River, British Columbia. Several FM stations rebroadcast WCPE's satellite signal, and streaming audio from the Web site www.wcpe.org reaches listeners literally around the world.

So who's listening in these far-flung places? They include former North Carolina residents who like to share their listening experience with friends and family they left behind. They are listeners everywhere who prefer commercial-free classical music. And they are folks who tune in for special programs, such as the weekly WCPE Opera House, the Saturday Evening Request Program and regular news updates from the BBC. WCPE stands alone as the Piedmont area's sole source of the Texaco-Metropolitan Opera radio broadcast season and the BBC World News, which is rebroadcast directly from London 10 times per day. WCPE works in partnership with the North Carolina Symphony to produce "Overture," a bimonthly magazine published by Niche Magazines, a division of the Herald-Sun, dedicated to the Arts in the Triangle. The WCPE Program Guide is published six times a year as a means to enhance appreciation and understanding of classical music. It is distributed to supporters of the station.

Unlike many public radio stations, WCPE receives no government or university funding. It relies entirely on the support of members, who are encouraged to pledge during major fundraising campaigns each spring and fall.

Visit www.wcpe.org to hear classical music in your choice of RealAudio, Windows Media, QuickTime and MP3. Owners of C-band satellite receivers can find WCPE on Galaxy 5, Transponder 7 at 5.58 and 6.12 MHz. On 4DTV systems, WCPE's designation is G5 958.

You also can reach WCPE-FM at Box 828, Wake Forest, NC 27588. Phone: (800) 556-5178. E-mail: wcpe@wcpe.org

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"Roughing it smoothly"

At the new 4-H Environmental Education and Conference Center

Above: Deck leading from the center into the Albemarle Sound. Clockwise, lower right: A group of campers receives instructions in preparation for a canoe trip. Sunset on the Albemarle Sound. The waterfront dining hall and other center buildings. Testing out some sail boats in the Sound.

By Tara Verna

In June, phase one of the $10 million Eastern 4-H Environmental Education and Conference Center opened its doors to the public. Located on 242 acres of uplands, woodlands and wetlands near Columbia in Tyrrell County, the center was constructed with both state-appropriated funds and $1.5 million in donations.

North Carolina's electric cooperatives regularly support the statewide 4-H program.

The education center provides year-round training for youth, community, businesses, corporate groups, and university students and faculty. Upon completion, the center is expected to generate a $2 million annual economic impact.

From children to adults, the center offers visitors a multitude of learning opportunities and action-packed programs. Challenging ropes courses, walking trails and boardwalks, a wet lab/nature center, intensive environmental classes, kayaking and a swimming pool are just the beginning.

"We provide custom experiences tailored to individual needs," said Sara Lilley Phelps, guest and community relations coordinator. "With the center as a location for your event, you can bring your own programs, allow us to personalize sessions for your group, or incorporate a little of each."

On-site instructors teach a variety of courses on the environment, life skills development, teambuilding and the history and culture of the surrounding Albemarle peninsula.

This location enriches visitors' experience by providing transportation to area resources and attractions in addition to the center's existing facilities.

"We're not in the middle of nowhere—we're in the middle of everywhere!" said Greg Hall, center director. "From historic sites and wildlife refuges to Manteo and the beaches, our prominent northeastern location makes us a regional resource."

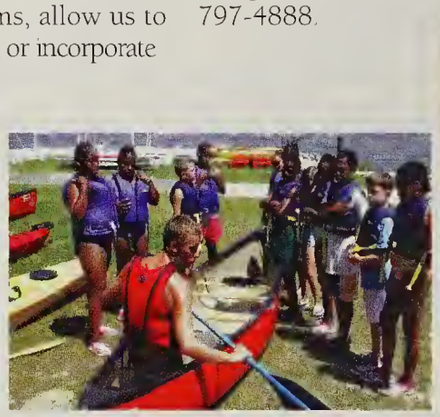
Children ages 8 - 13 attended summer camp at the center during June, July and August. Although many center activities focus on educating young people, programs include adults as well. Popular adult events include retreats, weddings, and conferences in a natural setting with the additional perk of comfortable accommodations.

"To call this center a camp is not doing it justice," said Hall. "You can come out, get dirty and go to a hotel-style room to clean up and sleep. We call it 'roughing it smoothly.'"

The center is part of N.C. State University's College of Agriculture and Life Sciences and its 4-H youth development department.

Although phase one is complete, center expansion continues, thanks to donations. Support the center and honor someone important at the same time by purchasing a brick or a bench for the State Council Walkway. For $100 or more, choose an engraved brick to commemorate a parent, child or 4-H club. Five-hundred dollars or more allows you to sponsor a bench on the walkway or grounds.

To learn more, visit **www.nc4h.org/eastern-center** or for reservations, contact Sara Phelps at (252) 797-4800, ext. 222, fax (252) 797-4888.



"I envision untold numbers of youth and adults discovering their best selves here on the shores of the Albemarle."

-Brad Dixon, president of the State 4-H Council

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--T. McCrory

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-- S. Fernandez

"I tried nose drops and those breath things you stick across your nose. Nothing worked. I had tried other products on the market, and those didn't work. D-Snore works."
--Dorothy Burks

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Nurses who work for churches

It's a natural fit

By Nell Perry Bovender

In her typical work week for Seaside United Methodist Church in Sunset Beach, Metzell Bates Schroll will visit a home, pray at a hospital bedside, guide a support group, listen to a parishioner's concerns and encourage the weary.

But Met Schroll is not the pastor; she's the church nurse.

A growing number of churches and hospitals across the state have joined forces over the last five years to provide the services of a nurse to a given congregation and often the surrounding community. For the faith community, the nurse is a welcome resource to help navigate the current health-care maze. For the medical community, the nurse is an in-road to teach health issues and uncover health problems before they put someone in the hospital.

Metzell Bates Schroll checks the blood pressure of church secretary Carolyn DeToro. They sit at a table in the church's "gathering area" outside the sanctuary where Met often sits to check parishioners' blood pressure.

For both sides, the parish nurse is an acknowledgment of the importance of personal wholeness through physical, mental, emotional and spiritual health.

Parish, or congregational, nursing is a relatively new movement. It was pioneered in the Lutheran church under the guidance of the late Granger E. Westburg, a hospital chaplain and medical school professor who began the first program 15 years ago in Chicago with Lutheran General Hospital, with six nurses and six churches working together. According to the International Parish Nurse Resource Center, the movement now includes at least 3,000 church-affiliated nurses in the United States, Sweden, Canada, Korea and Australia.

"Health care today is very complex," said Dr. Fred Thompson, administrator of Anson Community Hospital in Wadesboro, which operates one of the state's largest parish nurse programs. "Our population of elderly adults is growing, and we're seeing a lot of chronic medical problems. If you wait until a problem shows up in your emergency room, you're late."

He added: "The church is involved with people from the cradle to the grave. That's a great avenue for the parish nurse to become a health coach, a consultant, an extension of the medical community."

Karen LaBreche is parish nurse coordinator for Rutherford Hospital in Rutherfordton. "There are a lot of uninsured people out there, something like 40 million, and insurance plans often limit what or who is covered. People run into all kinds of problems with payment plans. Teaching them how to prevent illness can make a big difference."

At the turn of the 20th century, she said, medical needs centered on contagious, often fatal, diseases — the likes of diphtheria, tetanus, typhoid. Medical science has conquered those diseases with immunization programs. "Today, we have lifestyle diseases — cancer, heart disease, AIDS — diseases that can be prevented. So education can make a big difference."

The possibilities are as boundless as the needs of the congregation.

For example, at Seaside United Methodist, a congregation of 850 members, Metzell Schroll has begun community support groups for those with fibromyalgia and those dealing with Alzheimer's. Monthly lunch-and-learn programs introduce all sorts of health topics — nutrition, stress, end-of-life issues, men's health, women's health. Then there's CPR classes, a blood drive, a lending closet with medical equipment...

"We are just beginning to skim the surface," Schroll said.

Over at Parson Grove Missionary Baptist Church, a

Karen LaBreche (right), parish nurse coordinator for Rutherford Hospital, meets with members of New Bethel AME Zion Church in Forest City.

church of 200, in the Anson County community of Lilesville, Bridgett Byrd Sellars is planning a youth retreat that will address a number of issues, including self-esteem, drug abstinence and sexual abstinence. She is available before Sunday school every other weekend for blood pressure checks and to answer health questions. That church has also sponsored a healthy breakfast and other events with guest speakers covering many topics including mental illness, different diseases and the problem of battered women.

Concord Baptist Church in Rutherford County, a congregation of 150, sponsors early Sunday health checks, programs with guest speakers and a health fair. The Rev. Chris Masters, the church's pastor, knows the program is making a difference. He learned his own cholesterol and triglycerides levels needed attention.

"People talk about the New Testament church," Masters said. "Well, in the New Testament church, you saw things like healings take place. You don't see that much in church today. Churches were once the welfare agency of the community. We let government strip the church of that opportunity years ago. We see this as a way to meet the needs of the community around us."

Most parish nurse programs in North Carolina began with the help of grants, including the first program in the Southeast, Presbyterian Hospital in Charlotte, begun with help from the Duke Endowment. Since then, Duke has funded about 35 programs across both Carolinas, said Gene Cochran, vice president and director of the health-care division of the Duke Endowment in Charlotte.

Several models exist, Cochran said. In the beginning, plans called for hospitals to pay coordinators who would help churches interview interested applicants. Churches would eventually pay the nurses' salaries, with grants helping congregations ease the salary into their budgets over time.

That's how New Hanover Regional in Wilmington devised its program, which Seaside Methodist joined in 1997.

But small rural congregations aren't able to commit a salary to a nurse. In those counties, Cochran said, the hospital pays the salary of a parish nurse coordinator who either agrees to serve as many interested churches as possible — which is how Rutherford Hospital started out in 1996 — or who helps churches recruit volunteer nurses from their membership — which has worked so well for Anson Community Hospital.

Anson has 43 volunteer parish nurses or health advocates at work in 20 of the county's 130 churches, said Cynthia Furr, parish nurse coordinator for Anson Community. Response has far exceeded the hospital's expectations. "We set out to sign up three congregations and got 12, which went up to 15 and now 20. To be where we are in only a year and a half is incredible. It shows the big need."

It also shows the commitment of the volunteers. Sellars lives in Greensboro and works full time at Baptist Hospital in Winston-Salem. She drives the 80 miles to Parson Grove every other weekend to serve her home church.

Mary Carelock works the 7 p.m. to 7 a.m. shift at Anson Community and still sets out weekly to pick up as many youngsters as her van will hold — often logging 100 miles — for the program she coordinates at Believers Christian Center, Wadesboro.

"This is the time to mold them," Carelock said. Her programs emphasize fun along with the importance of good nutrition, exercise and dental care. But mostly she works on a child's self-esteem. "I can see a difference."

The one-on-one relationships fostered by churches strengthen an individual's health.

"Church is family, especially in the African-American community," Furr said. "The church is often the center of a community, where people know to go for support and guidance."

"People will talk more freely to someone they know," said Dr. Fred Senter, pastor of First Baptist Wadesboro. "They are too reluctant to bother the doctor. If the parish nurse is there and talks about what they need to do, that support helps. It's listening and counseling. Now our members have a health advocate for their physical, spiritual and emotional needs."

Karen LaBreche, Rutherford Hospital parish nurse, and Michelle Fowler (front), community education coordinator, assist with the parish nurse program.

Nell Perry Bovender is a freelance writer and editor of the newsletter "Nursing Matters." She lives in Rutherfordton.

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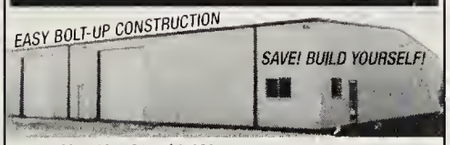

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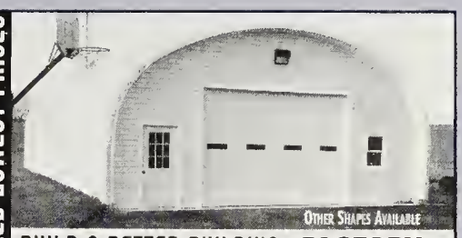

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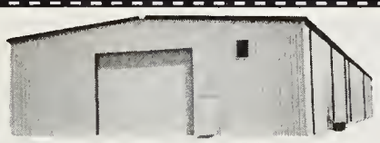

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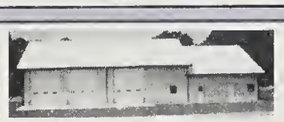

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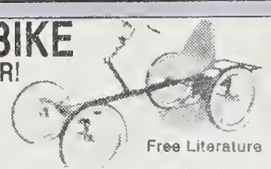

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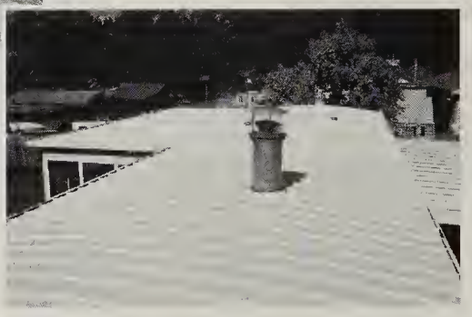

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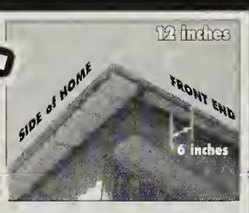

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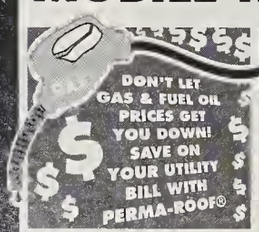

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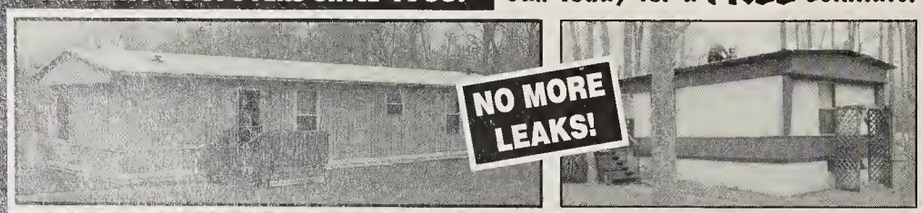

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ANSWERS ARE ON PAGE 37.

Word play

ward-war-way-lay

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1. S U M M E R
2. ___ ___ ___ ___ ___ ___
3. ___ ___ ___ ___ ___
4. ___ ___ ___ ___
5. ___ ___ ___
6. ___ ___ ___
7. ___ ___ ___
8. ___ ___ ___ ___
9. ___ ___ ___ ___ ___
10. ___ ___ ___ ___ ___ ___
11. A U T U M N

Harold Hendriksen of Weddington and Judy Brown of Richfield were the first of many to send me six-step answers to my Word Play puzzle, "HEAD to FOOT" [Joyner's Corner, August 2001]. Others sent seven and eight-step answers. My thanks to all who took time to write. — *CJ*

Harold's solution: HEAD HAD HOD HOT HOOT FOOT
And Judy's: HEAD HEAT BEAT BOAT BOOT FOOT

Magic Square

Can you place the digits 1 through 9 in this magic square so that the sum of each column, each row, and each diagonal is 15? Magic squares are of ancient but unknown origin. The first record of this one appeared in China in the days of the legendary Emperor Yii. It was supposedly brought to a man by a turtle from the River Lo.

	5	

1 2 3 4 5 6 7 8 9

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Being a law-abiding kind of fellow, I read them all. Midway down the list (No. 7) is this: Never use while sleeping.

If that's the way they feel about it, I guess I will continue to visit my friendly barber. He helps me keep up with what's going on around town, and that's worth something.

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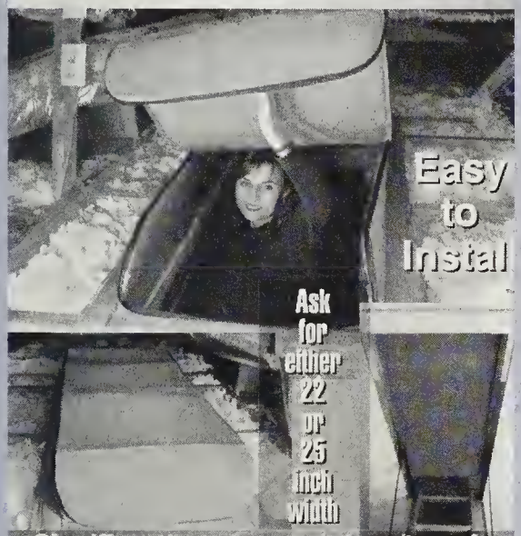

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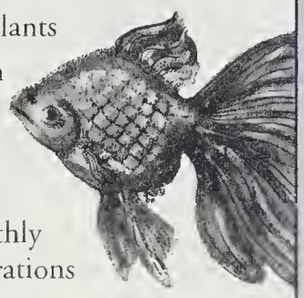

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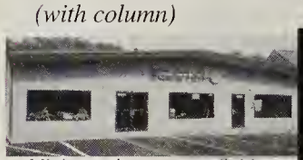
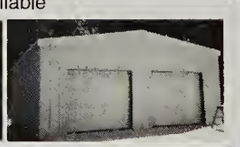
60 x 100 x 12 . . . $15,997
100 x 150 x 14 . . $34,997
(with column)



25 year warranty roof & walls

Mini-warehouses available

The more you look, the better we look!



Custom Quality Steel Buildings at Discount Prices!

Skylights brighten up ordinary rooms

By James Dulley

Although skylights are certainly easier to install in a room with a sloped cathedral or vaulted ceiling, they are most often installed in rooms with flat ceilings with an attic above. All you have to do is build an insulated tapered lightwell between the roof and the ceiling.

From an energy efficiency standpoint, adding a high-quality efficient skylight is about a wash during the winter. Even the most efficient skylight loses more heat to the outdoors than an insulated attic floor or ceiling. I mounted a magnetic clear plastic storm window under my skylight to form a dead air space. It is barely noticeable when installed.

To offset this energy loss, installing one reduces the need for electric lights and, with the proper orientation, it provides some passive solar heat gain from the sun. A true solar south (slightly different from magnetic compass south) is best. A southwestern orientation is next. In all but the hottest climates, avoid a northern exposure. Installing a venting skylight can be a real energy saver in the summer Since the hottest air in a room stagnates up at the ceiling, the skylight will exhaust it. This creates a natural air flow drawing fresh, cooler outdoor air in your windows. With the new controls available, they are convenient to open and close.

If you have been to a local home center store to look for skylights, you have probably seen, at most, 5 percent of the styles and designs available. There is a huge array of shapes, frame designs, flat and domed glass and plastic glazing, etc. and each type has its advantages. Many of the smaller commercial models also work well for residential use.

Two major design features to consider are the frame and the glazing materials. The strongest, most solid frames are made of wood with durable aluminum cladding on the exterior. These are also attractive with the natural wood exposed indoors. Another strong design fuses a fiberglass frame to the clear or tinted glazing for a leakproof unit. The glazing options are similar to new efficient window glass. Double pane glass, with a low-emissivity coating and argon gas in the gap between the panes, is a good choice for most homes and climates. Super-efficient Heat Mirror glass is available for cold climates. Triple acrylic panes are another efficient option and are lighter and easier to handle than skylights with glass glazing.

If you plan to install a venting skylight in a lightwell, consider getting one with a TV-type hand-held or wall-mounted remote control. These will require running electric wiring to the skylight. If you have only a standard hand-crank rod, you probably won't end up opening it as often as you should for maximum energy savings in the summer. The same remote control can also be used to open and close mini-blinds or other shades under the skylight.

For a steeply pitched roof, as is often found in a remodeled attic, a floor-to-ceiling balcony-style skylight is ideal. It is made of two large sections. When it is opened, the lower half, which is hinged at the bottom, forms a balcony with a handrail. The upper half becomes a glass cover over your head.

Proper sizing of a skylight is also important. If the skylight is too small, it will not provide adequate natural light or ventilation. If it is too big, there will be excessive heat loss in the winter and it will look out of proportion for the room. A good rule of thumb is that the skylight area should be about 5 percent of the room floor area.

You have several options for building your lightwell between the ceiling and the roof. For a roof with a low-pitch roof, the lightwell will not be deep, so straight-wall design is fine and simple to build. For a deeper lightwell on a steeper roof, a tapered lightwell allows for better light distribution in the room and generally looks better.

Write for (instantly download -www.dulley.com) Utility Bills Update No. 522 - buyer's guide of 12 skylight manufacturers listing frame materials, shapes, flashing/glazing options, accessories, features, sizing chart and lightwell construction details. Please include $3.00 and a business-size SASE. James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244.

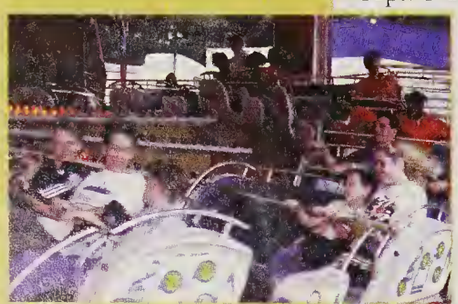
Copyright © 2001 by James Dulley, a syndicated columnist for the National Rural Electric Cooperative Association.

Fairs

Touchstone Energy Sponsors Kids' Club Contest at County Fairs

North Carolina's Touchstone Energy cooperatives are sponsoring the Kids' Club "Tour NC" Agriculture Contest at county fairs across the state.

The Kids' Club contest urges children between the ages of 5 and 12 to explore educational agriculture exhibits at the fair and answer questions on a worksheet about the state's agriculture industry. A male and female winner will be randomly selected from all completed sheets and awarded a 24-inch Huffy 5-speed bike and helmet, co-sponsored by North Carolina's Touchstone Energy cooperatives and the N.C. Farm Credit Bureau.



Alamance County Fair
Sept. 10-15
Burlington
(336) 228-6106

Alexander County Ag. Fair
Sept. 18-22
Taylorsville
(828) 632-2226

Alleghany County Ag. Fair
Aug. 28-Sept. 1
Sparta
(336) 372-8740

Atlantic District Fair Assoc.
Oct. 9-13
Ahoskie
(252) 332-4553

Avery County Ag. Fair
Sept. 18-22
Newland
(828) 733-3642

Bethware Fair
July 24-28
Kings Mountain
(704) 739-7005

Burke County Fair
Oct. 23-27
Morganton
(828) 437-8431

Cabarrus County Ag. Fair
Sept. 8-15
Concord
(704) 786-7221

Caldwell County Ag. Fair
Aug. 28-Sept. 1
Lenoir
(828) 728-7050

Cape Fear Fair & Expo
Oct. 18-27
Wilmington
(910) 313-1234

Caswell County Ag. Fair
Aug. 21-26
Yanceyville
(336) 694-6700

Central Carolina Fair
Sept. 14-23
Greensboro
(336) 433-7243

Chatham County Ag. & Ind. Fair
Sept. 4-8
Pittsboro
(919) 542-5511

Chowan County Fair
Oct. 9-13
Edenton
(252) 482-4057

Cleveland County Fair
Sept. 27-Oct. 6
Shelby
(704) 487-0651

Coastal Carolina Fair & Expo
Nov. 1-10
New Bern
(252) 636-5055

Columbus County Ag. Fair
Oct. 8-13
Whiteville
(910) 642-7585

Cumberland County Fair
Sept. 18-23
Fayetteville
(910) 438-4140

Davidson County Ag. Fair
Sept. 17-22
Lexington
(336) 243-2528

Dixie Classic Fair
Sept. 28-October 7
Winston-Salem
(336) 727-2236

Drexel Community Fair
Aug. 20-25
Drexel
(828) 438-3933

Duplin County Fair
Sept. 25-29
Kenansville
(910) 296-2468

Halifax-Northampton Ag. Fair
Sept. 11-15
Roanoke Rapids
(252) 537-0161

Haywood County Fair
Sept. 24-30
Waynesville
(828) 452-6758

Hickory American Legion Fair
Aug. 29-Sept. 3
Hickory
(828) 464-5433

Iredell County Ag. Fair
Sept. 3-8
Statesville
(704) 528-6176

Lee County Ag. Fair
Oct. 2-6
Sanford
(919) 774-9444

Lenoir County Fair
Sept. 7-15
Kinston
(252) 523-4555

Macon County Fair
Sept. 12-16
Franklin
(828) 369-3523

Moore County Ag. Fair
Sept. 25-29
Carthage
(910) 947-2774

NC-SC District Fair
Oct. 5-13
Monroe
(704) 283-5846

NC Mountain State Fair
Sept. 7-16
Fletcher
(828) 687-1414

NC State Fair
Oct. 12-21
Raleigh
(919) 733-2145

Onslow County Fair
Sept. 25-30
Jacksonville
(910) 346-3871

Pitt County Ag. Fair
Oct. 1-6
Greenville
(252) 758-6916

Richmond County Fair
Sept. 24-28
Hamlet
(910) 582-2223

Robeson County Fair
Oct. 1-6
Lumberton
(910) 738-2126

Rocky Mount Ag. Fair
Sept. 21-29
Rocky Mount
(252) 977-3247

Rowan County Fair
Sept. 17-22
Salisbury
(704) 633-5632

Stanly County Fair
Sept. 11-15
Albemarle
(704) 983-2913

Stokes County Ag. Fair
Sept. 10-15
King
(336) 983-3608

Surry County Ag. Fair
Sept. 17-22
Mt. Airy
(336) 786-6830

Vance County Fair
Sept. 25-29
Henderson
(804) 348-3378

Warren County Ag. Fair
Sept. 17-22
Macon
(252) 257-4270

Wayne Regional Ag. Fair
Sept. 27-October 6
Goldsboro
(919) 735-7277

Wilkes County Ag. Fair
Oct. 9-13
Millers Creek
(336) 838-4942

Wilson County Fair
Sept. 17-22
Wilson
(252) 237-8443

September

MOUNTAINS
(west of I-77)

Transportation Exhibit
August 22-October 6, West Jefferson, Ashe Arts Center Free admission, works depicting transportation from horse and buggy to planes and trains, (336) 246-ARTS

Apple Festival
August 31-September 3, Hendersonville,Main Street, 200 vendors covering 9 blocks, (828) 697-4557

Cradle of Forestry
Ongoing events, Pisgah Forest
Sept. 1, "Colors of Nature," 1-4 p.m., dyeing with plants, spinning and weaving
Sept. 8, "Terrific Tree Day," 11 a.m. – 4 p.m., paper making, leaf printing and more
Sept. 15, "Monarch Butterflies," 2 p.m.
Sept. 22, "Junior Forest Ranger," 3 p.m., kids ages 7-10 complete series of activities to become junior forest rangers
Sept. 29, "Fire!", 3 p.m., fire ecology and management (828) 877-3130, www.cradleof-forestry.com

"Lies and Pies Jamboree"
Sept. 1, Hayesville Town Square, 4 – 7 p.m.
Contests, barbeque, live bands, (828) 389-0638

Smithsonian Photography Exhibit
Sept. 7 - Oct. 26, Morganton Morganton Municipal Auditorium, "These Rare Lands" national park photos, (828) 433-7282

Civil War Round Table
Seminar "The North Carolina Presence," September 7 – 9, Asheville, Reserve rooms by Aug. 7 at 1-800-733-3211
Register for the seminar online www.wnccwrt.org

Mountain State Fair
Sept. 7-16, Fletcher
(828) 687-1414, ext. 200
www.agr.state.nc.us/markets/fairs/mtnfair

Fantastic Shakers
Sept. 7, West Jefferson, Ashe Civic Center, 7:30 p.m., beach music, (336) 246-4483

Antique Tractor/Engine Show
Sept. 7-9, Belwood
Old Belwood school
(704) 538-3451

Sculpture Celebration
Sept. 8, Lenoir, J.E. Broyhill Park, Enter for $35 by Sept. 4, 9 a.m. judging, (828) 754-2486

Greater L.A. Festival
Sept. 8, Lansing
American Legion Ball Field, crafts, music, food
(336) 384-3938

39th Annual Art in the Park
Sept. 8, Blowing Rock, American Legion Grounds, 10 a.m. – 5 p.m., free
(828) 295-7851

Southern Randolph Country Days
Sept. 14-16, Seagrove
Sept. 14, music and food, 7-10 p.m.
Sept. 15, 10 a.m. – 10 p.m., antique car parade at 2 p.m.
Sept. 16, 1-6 p.m., horse parade at 2 p.m.
(336) 873-7641

"The Singing Cowboy"
Sept. 15, West Jefferson
Ashe Civic Center
(336) 246-4483

Apple Festival
Sept. 15, Lincolnton
(704) 736-8452

"From Peel to Pie"
Sept. 15, Mount Airy
10 a.m. – 4 p.m., cider making, apple-peeling contests, pies, (336) 325-2298

Fry Street Quartet
Sept. 15, Hickory
Chamber music concert
(828) 324-8603, www.wpsymphony.org

Sunday Pops at the Salt Block
Sept. 16, Hickory
3 p.m. Daryle Ryce
4 p.m. Western Piedmont Symphony, free, (828) 324-8603, www.wpsymphony.org

Gospel Sing
Sept. 16, Hiddenite
Educational Complex, 3 p.m., free, (828) 632-6966

"Tickling the Ivories"
Sept. 22, West Jefferson
Ashe Arts Center, 7:30 p.m.
Local pianists, (336) 246-ARTS

Women's Workshop
"The Art of Nurturing Yourself," Sept. 22, Boone
(828) 297-6512

Celebration of the Arts
Sept. 22, Hiddenite
10 a.m.-5 p.m., arts, crafts, entertainment, antique tractors and farm equipment
(828) 632-6966

Gem and Mineral Show
Sept. 22-23, Hiddenite
Educational Complex
(828) 632-6966

Blue Highway
Sept. 27, West Jefferson
Ashe Civic Center, bluegrass
(336) 246-4483

12th Annual Mayberry Days
Sept. 27-29, Mount Airy
Andy Griffith Playhouse and downtown, (800) 286-6193, www.surryarts.org

Cleveland County Fair
Sept. 27-Oct. 6, Shelby
Cleveland County Fairgrounds
2-11 p.m., $6/adults $2/children, (704) 487-0651

Model Railroad Show
Sept. 29, Hendersonville
National Guard Armory, 10 a.m. – 3 p.m., $3, under 13 free, (828) 685-2726, hmp3@blueridge.net

PIEDMONT
(between I-77 and I-95)

Oakboro Photography Exhibit
Through September, Oakboro
Oakboro Regional Museum of History, Local photographer Eddie Shimpock
(704) 485-3612

World War Two Exhibit
Through September 22, Granville County Museum, Oxford, Wed.-Fri., 10 a.m.-4 p.m., Sat., 11 a.m.-3 p.m., Harris Exhibit Hall, Free admission, war memorabilia display, (919) 693-9706

Carolina Butterfly Pavilion
Through Oct. 1, Durham Museum of Life & Science
(919) 220-5429, www.ncmls.citysearch.org

North Carolina Museum of Art
Ongoing exhibits, Raleigh
Through Sept. 9, "Picasso, Braque and Leger,"
Through Oct. 21, "Jewish Ceremonial Art,"
Sept. 7-8, 8:30 p.m., Movie-on-the-lawn "Gladiator," (919) 839-6262, www.ncartmuseum.org

continued on next page

Duplin County

Stroll through 19th-century Liberty Hall Plantation on a journey to another time and place.

See unique treasures at Cowan Museum. Tour a winery, search for antiques, enjoy a great meal, and *experience our heritage & hospitality* in a friendly, unhurried part of the world. We think it's special – you will too!

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e-mail: duplinedc@duplinnet.com

Ham-Stuffed Apples

(From Lynne Tolley, proprietress of Miss Mary Bobo's Boarding House Restaurant in Lynchburg, Tennessee.)

1 cup Country Ham, finely chopped
1/3 cup raisins
1 tablespoon Jack Daniel's Whiskey
3 tablespoons butter, softened
1/4 cup pecans, chopped
3 tablespoons brown sugar
2 tablespoons lemon juice
4 large baking apples, unpeeled & cored
1/4 cup cider vinegar

Soak raisins in J.D. Whiskey, stirring often, for 30 minutes. Combine ham, butter, raisins & whiskey, pecans & brown sugar. Place apples in a greased baking dish; sprinkle lemon juice inside each. Divide the filling equally among apples, stuffing into cavities. Bake 40-45 minutes in a 350-degree oven, basting outsides of apples with vinegar.

****

For a free cook booklet: (919) 781-0361 or write to: NC Pork Council, 2300 Rexwoods Dr., Ste. 340, Raleigh, NC 27607

Mint Museum of Art
Ongoing Exhibits, Charlotte
Through Nov. 18, "Saltglaze from the Rhineland to Randolph County"
Through April 28, 2002, "Ansel Adams: The Man Who Captured the Earth's Beauty Part II"
Sept. 18, "Creamware in the Bridges' Collection," Daisy Wade Bridges, (704) 337-2000, www.mintmuseum.org

Labor Day Festival
Sept. 1, Littleton/Lake Gaston
Arts, rides, food, antique car show, 10 a.m. – 4 p.m., (252) 586-5778

IIIrd Tyme Out
Sept. 7, Mocksville
Brock Performing Arts Center, 7:30 p.m., $13-$15, (336) 751-3000

Gem/Mineral/Jewelry Show
Sept. 7-9, Winston-Salem, Dixie Classic Fairgrounds, Fri.-Sat., 10 a.m.-7 p.m., Sun. 12-6 p.m., (336) 924-8510

Kitchens Tour
Sept. 13, Pinehurst
10 a.m. – 4 p.m., tour six private homes, $12-$15, (910) 947-3188

Canoe & Kayak Demo
Sept. 15, Lake Norman Ramsey Creek Park
Try out different paddle craft, free, children under 15 must preregister, 10 a.m. – 3 p.m., (704) 892-1848

Square Dances
Sept. 15, Denton
Denton Civic Center, (336) 859-5922

Tar River Festival
Sept. 15, Louisberg
Riverbend Park, 10 a.m. - 6 p.m., free, music, bring canned goods to donate, (919) 496-3056

Flat River Car Show
Sept. 15, Roxboro
Optimist Park, 9 a.m.-2:30 p.m., Competitors preregister by Sept. 14 (1900-1976 only), Visitors $5, $2 ages 7-12 (336) 364-8276

Boll Weevil Jamboree
Sept. 15, Marshville
9.30 a.m. – 11 p.m., arts, crafts, car show, music, rides
(704) 624-3183

Antique Truck Show
Sept. 15, Spencer
NC Transportation Museum
(336) 657-8083

Flat River Antique Engine and Tractor Show
Sept. 15-16, Roxboro
Optimist Park, $5 adults, $2 ages 7-12, (336) 597-3365

"Tribute to Benny Goodman"
Sept. 16, Salisbury
Keppel Auditorium, Catawba College campus, (704) 633-1474, fjw155@msn.com

Antiques Festival
Sept. 21-23, Denton
Denton Farmpark
(336) 373-8515

Founder's Day
Sept. 22, Gold Hill
9 a.m. – 11 p.m., arts, music, dance, Civil War tours, parade
(704) 279-7897, www.fifth-stringandco.com

Danbury Parade
Sept. 22, Danbury
11 a.m., (336) 593-8159

Stokes Stomp
Sept. 22-23, Danbury
(336) 593-8159

Crafts & Farmskills Festival
Sept. 28-30, Aberdeen
Malcolm Blue Farm, crafts, BBQ, entertainment, $5 adults, $3 children, (910) 944-7558

American Cancer Society Relay for Life
Sept. 28-29, Person County Person High School
(336) 364-4862, www.personrelayforlife.org

"The Flavors of Quilts"
Sept. 28-29, Albemarle
First Lutheran Church
230 S. Second St., (704) 535-4354, bkd@carolina.rr.com

Liberty Antique Festival
Sept. 28-29, Liberty
10-year anniversary
Dealers from 25 states
(336) 622-3040

Pottery Fair
Sept. 29, Westmoore
Hwy 705, Seagrove potters, demonstrations, food
(910) 464-5661

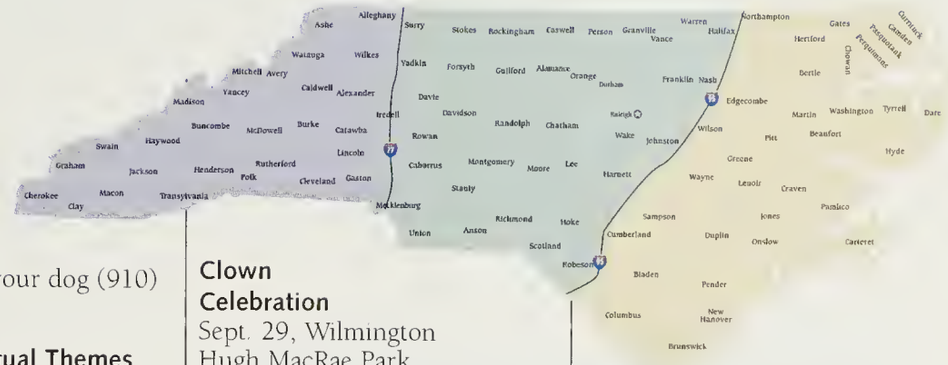
COAST
(East of I-95)

Shackleford Horses Exhibit
Through Nov. 4, Beaufort
N.C. Maritime Museum works by Morehead City artist Alexander Kaszas, (252) 728-7317, maritime@ncmail.net

Ocracoke Island Exhibit
Through Nov. 24, Ocracoke, Ocracoke Preservation Society Museum, (252) 928-7375

Arts and Crafts Show
Sept. 2-3, Beaufort
Beaufort Historic Site
Juried art show, (252) 726-3262

King Mackerel Tournament
Sept. 6-9, Atlantic Beach
Nation's largest all-cash tournament, Sea Water Marina, (800) 545-3940



Lumberjack show/concert
Sept. 8, Williamston
Performer Chely Wright
(252) 830-0429

Hearth and Harvest Festival
Sept. 8, Hertford
11 a.m. – 4 p.m.,18th century celebration, (252) 426-7567

Indian Summer Festival
Sept. 8, Hertford, 9 a.m.-5 p.m., food, games, antique car show, (252) 426-2021

Bogue Day Celebration
Sept. 15, Bogue
Marine Corps Auxiliary Airfield, Food, crafts, entertainment, 10 a.m.-4 p.m., (252) 393-3055
boguetown@tcp2.com

Blues singer Scott Ainslie
Sept. 21, Pamlico
Pamlico County Civic and Cultural Center, Pamlico Musical Society Concert
7:30 p.m., $12
(252) 249-3079

Dog Jog
Sept. 22,
Wilmington
Greenfield
Park, 5K
run or 1.5
mile walk with your dog (910) 341-3237

Lecture on Spiritual Themes
Sept. 24, Mount Olive
Mount Olive College, Rodgers Chapel, 11 a.m., free, author Walter Brueggeman
(919) 658-2502

Carolina Country Stampede
Sept. 28-29, Williamston
Arts, crafts, live entertainment
(800) 776-8566

Stampede in the Park Rodeo
Sept. 28-29, Williamston
Martin Community College Horse Arena, Fundraiser for scholarships, (252) 792-1521

Clown Celebration
Sept. 29, Wilmington
Hugh MacRae Park
10 a.m., kid's games, face painting, clown antics
(910) 395-4280

Bird Festival
Sept. 29, Richfield
Sacred Grove Retreat
Learn how to attract native birds, (704) 463-1198

Tri-County Airport Open House
Sept. 29, Ahoskie
10 a.m. – 6 p.m., displays, food and games, (252) 345-0111

21st Annual Quilt Show
Sept. 29-30, Jacksonville
Jacksonville Commons Recreation Center
10 a.m. – 5 p.m., $2 adults, $1 children, (910) 324-5008

Listing Information

Deadline for Nov: Sept. 24
Deadline for Dec: Oct. 24

A phone number must be included with event listings in order to be published.

Send notices to Carolina Compass, PO Box 27306, Raleigh, NC 27611 | Fax: (919) 878-3970 | e-mail: carolina.country@ncemcs.com

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by Hank Smith

Days of September hint at the upcoming autumn season. Plant foliage begins to change color. Nights become slightly longer. Groom your garden by removing spent annuals. Transplant perennials now so that they can develop strong new root systems before cold weather slows their growth. Move deciduous plants before their leaves drop. Now's the time to get rid of summer weeds and destroy those still in gardens before they produce seeds. Make your plans to order and secure plants for autumn and early winter planting.

Water recirculating through a pump in your water garden adds enchantment both day and night.

Powis castle artemisia

Named for the famous Welsh castle, artemisia has delicately filigreed foliage frosted in silver. Its fine texture blends well and accents coarse-leaved plants such as hydrangea, daffodil, hibiscus, and cornflower. Its calm color allows it to mediate between potent reds, oranges, and pinks in the flower border. Striking accents are made by planting artemisia near plants of deep green leaves, or yellow or blue flowers. Even in hot weather, it remains rigid. In well-drained, sunny soil, this plant forms a dense, compact mound, 30 to 36 inches high and often twice as wide. By early fall, it gets a bit leggy. Wait until early spring to prune, when you see new growth sprouting near the crown of the plant. Prune scraggly stalks.

Leaf spot is a mum problem

Garden chrysanthemums, which usually begin to show flower color later this month, are subject to attack by several diseases. Perhaps the most important is Septoria leaf spot, which spreads rapidly in wet weather. It first appears as grayish-brown circular spots on leaves. Centers of spots often become brittle and fall out. This infection gradually discolors an area between the leaf veins and finally causes the entire leaf to turn yellow and die. The disease begins on lower leaves and gradually works upward. Dead leaves may drop, or they may remain attached to the stems. The problem can be held in check by spraying weekly with a fungicide such as captan, ferbam or zineb.

Nocturnal beauties

Evenings spent on patios and decks can be enhanced by plantings of night-blooming specimens. Nicotinia is at its best after the sun goes down when it emits a delicate fragrance. Night blooming ceres flowers only at night. This fascinating plant produces a bloom that lasts only one night. It's not winter hardy and requires cold-weather protection. This large tall-growing member of the cactus family needs support for its heavy stems. Evening primrose (cenothera) comes to its prime at night, when flower buds open and scatter a sweet fragrance. White blossoms are very effective when viewed under soft night lights of patios and decks.

Plants for water gardens

In addition to water lilies, these are plants with showy flowers that are good subjects for the water garden: lotus, water hyacinth, and Japanese and Louisiana irises. Attractive foliage plants adapted to the very moist soil on the edges of pools are papyrus, horsetail, parrot's feather, and umbrella plant. Water recirculating through a pump adds enchantment for both day and night.

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After-school snacks

Pizza Roll-Ups

Ready in 1 hour or less

½ pound ground beef
1 can (8 ounces) tomato sauce
½ cup shredded mozzarella cheese
½ teaspoon dried oregano
2 tubes (8 ounces each) refrigerated crescent rolls

In a skillet, cook beef over medium heat until no longer pink; drain. Remove from heat. Add tomato sauce, mozzarella cheese and oregano; mix well. Separate crescent dough into eight rectangles, pinching seams together. Place about 3 tablespoons of meat mixture along one long side of each rectangle. Roll up, jelly-roll style, starting with long side. Cut each roll into three pieces. Place, seam side down, 2 inches apart on greased baking sheet. Bake 375 degrees for 15 minutes or until golden brown. Yield: 2 dozen.

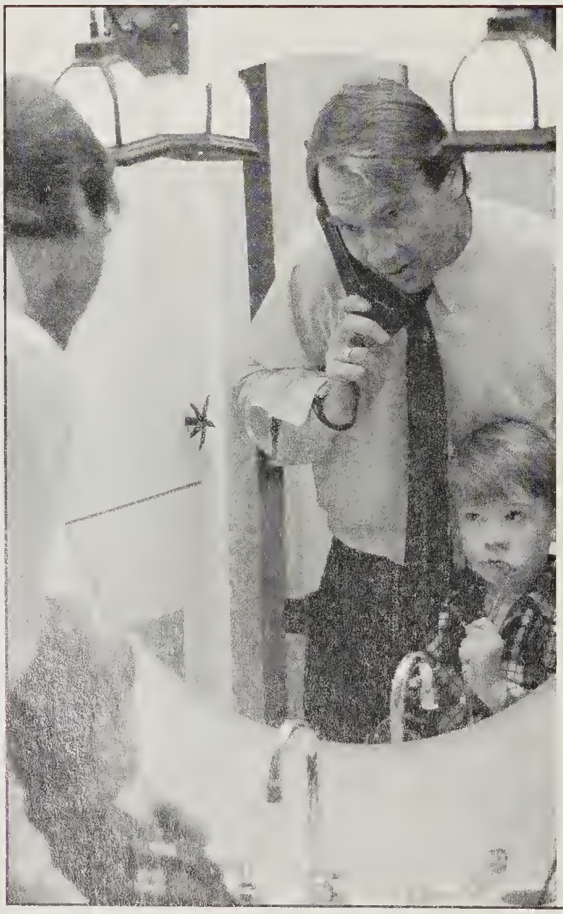
Poppin'Cereal Bars

Ready in 15 minutes or less

2 cups popped popcorn
2 cups Life cereal
1 cup miniature pretzels
1 cup M&M's, divided
1 package (10 ½ ounces) miniature marshmallows
¼ cup butter or margarine

In a bowl, combine the popcorn, cereal, pretzels and ½ cup M&M's. In a microwave-safe bowl, melt marshmallows and butter; stir until smooth. Fold into cereal mixture. Spread into a greased 11-by-7-by-2-inch dish. Sprinkle with remaining M&M's; press lightly. Cut into bars. Yield: 1 ½ dozen.

RECIPES ARE BY TASTE OF HOME MAGAZINE. FOR A SAMPLE COPY, SEND $2 TO TASTE OF HOME, SUITE 4321, PO BOX 990, GREENDALE WI 53129-0990. VISIT THE WEB PAGE AT WWW.TASTEOFHOME.COM.



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